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a season for growing

Each year as we plan our editorial calendar, we debate the ideal month for our Garden Issue—pretty important for a magazine with *Gardens* right in the name. Our garden editors remind me that true enthusiasts begin planning when plant catalogs arrive in January. For others, it takes 70-degrees-and-sunny to push the "go" button.

Still, April seems just right. This issue arrives in plenty of time to spark your plans and creativity, whether you're a seasoned gardener or someone new to the dig.

And there are lots of the latter. A new generation has taken up gardening, especially the edible kind, as part of a healthy lifestyle: growing salad greens in containers a few steps from the back door, sowing edibles into borders and ornamental beds, or going all-in with raised beds and rotating crops so kids can pick the beans or—for chemical-free gardeners—eat berries right off the bush.

Featured homeowners Wendy and Nick Brown ("Making Connections," *page 92*) have made gardening and porches an integral part of their young family's summer. Their lifestyle is easy, relaxed, and light on the scheduling. They represent a generation of moms and dads for whom gardening is a means of nourishing children, in every sense of the word. "Our kids (ages 9, 6, and 2) are out there in the garden with us," Wendy says. "They understand all the elements that are needed to have wholesome food on their plate. They think about their food. They grasp that value."

Edible gardening goes hand in hand with all the other reasons we garden—for beauty, for an outdoor living environment, for creative expression, and for the down-deep goodness of feeling our hands in the soil. Our garden issue touches on them all. Dig in now, and enjoy the rewards all summer.

Gayle Goodson Butler, Editor in Chief

Go behind the scenes with BHG!

Check out Facebook and Instagram April 6–10 for an inside look at the magazine, including a sneak peek at our Test Garden and tips from our Test Kitchen.



INSTAGRAM: @betterhomesandgardens



FACEBOOK: facebook.com/mybhg

contributors

SCOTT HORNE STYLIST

"A LIVE-IN KITCHEN" p. 31

When he preps a home for a photo shoot, Scott looks for a way to "make it pop on the pages," as he did with the bright hits of pink in this location. And that's a lesson

for homeowners:
"Definitely have
an accent color,"
he says. "Sprinkle
it evenly but
sparsely
throughout
the room. That
brings a different
perspective."



MATTHEW BENSON

PHOTOGRAPHER

"MASTER STROKES" p. 104

Matthew is also an author (his *Growing Beautiful Food* came out March 31) and an organic farmer. "Farming demands a lot of structure, composition, and humility, just like photography," he says. "And they both allow you to



play within the frame. I've always been obsessed with color and form, with pattern, which dominate both the garden and photography."

ELIZABETH LOMBARDO WRITER

"FACING MISTAKES" p. 156

"Parenting can be the best and toughest 'job' out there," says Elizabeth, a clinical psychologist and author you might recognize from the *Today* show. She says the advice in her *Good Kid Project* column works for all ages. "It's based on helping your children live a happy, value-based life," she says. "Parents would benefit from these

same concepts.
When we are
happier, we
are more likely
to achieve
whatever goals
we have."



PHOTO: (GAYLE) KATHRYN GAMBLE



Follow the crumbs.
They will take you home.







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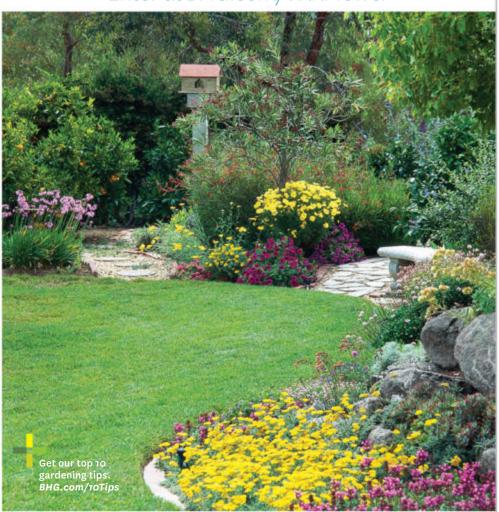


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THEWHITEBUFFALO STYLINGCO.COM

WHO SHE IS Lindsay Jackman started blogging to update family and friends on a home she and her husband were fixing up. Soon after, she started her site, The White Buffalo Styling Co., where she shares stories of their current home and inspires readers to embrace their own decorating style.

RUSTIC WITH A TWIST

Lindsay describes her style as a mix of rustic, modern, and bohemian. Her eclectic designs combine the worn look of antlers and wood with pops of color and eyecatching patterns.

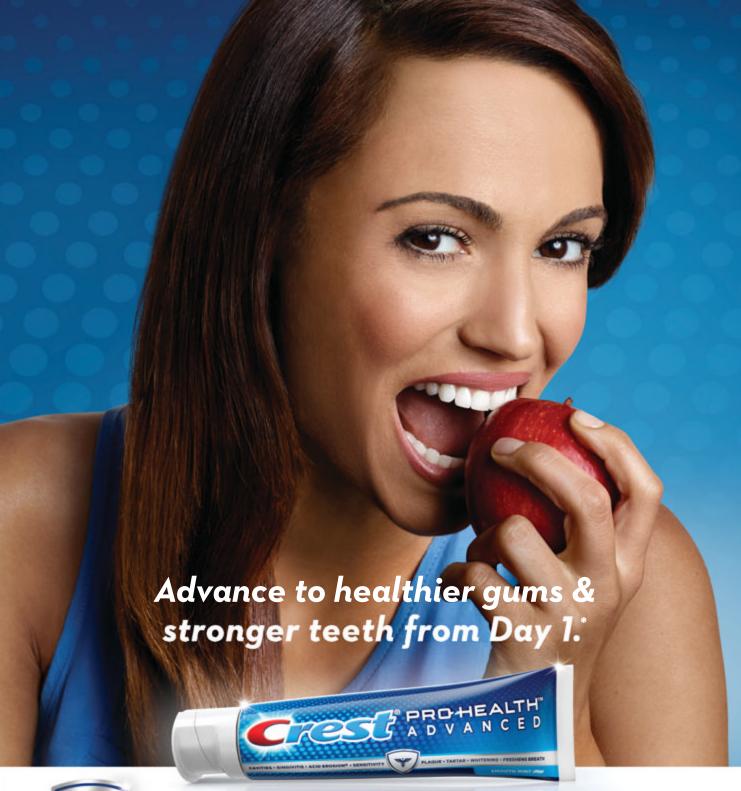
COLORFUL CONTRAST

All the walls in Lindsay's home are white, making colorful DIY projects a perfect fit. Her top pick: A teal kitchen island topped with the wood from a large pine tree that had to be taken down in their backyard. The natural edges of the island add a homespun feel to a classic white kitchen.

JUST FOR OUR READERS

This month on our Style Spotters blog, Lindsay will share tips on how to achieve her one-of-a-kind style.

BHG.com/AprilBlog ■





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Garden variety We're digging 66 Square Feet, Marie Viljoen's horti-blog, seeded liberally with earthy recipes and cheeky observations. Novice or vicarious gardeners will enjoy her beginner tips (spring pot crop: greens). Experts will appreciate her brainy IDs-like Eriocephalus afticanus (wild rosemary).

Tattoo you

All the fun, none of the ouch. Celebrate short-sleeve weather with a temporary tattoo, like these Rifle-designed blossoms, left. \$15 for eight; tattly.com

Frame yourself

Fresh eyeglasses, fresh outlook. Not sure about the perfect shape? BonLook's virtual try-on tool allows friends (or a truth-telling consultant) to weigh in. From \$69; bonlook.com

Go wild

Bring a little outdoors in with the Wildflower and Fern Field Kit from Library of Flowers, which smells as pretty as it looks. Bonus: It makes a great girlfriend or hostess gift, too. \$27; libraryofflowers.com

New order

Love it: A genius bar for spring organizing. Beth Penn and her team of clutter-busters at bneatobar.com will craft a just-for-you cleanup plan for \$40. Log on, fill out a survey, and pick your problem: stuff, paper, or e-mail.

APRIL 22

Earth Day turns 45 this year! Celebrate and give back with an Earth-friendly gesture (or a few). Share your act of green at earthday.org.





Sow simple: Just tear off a seed-infused "matchstick" and plant. \$3 each; giantrobot .com



Rain booties

Go shorty, it's a rain day! Grab a pair to pep up springtime puddle hopping.



the happy moviegoer

Desert Dancer

A real-life Footloose—in Iran. Afshin Ghaffarian teaches himself to dance by watching illicit Michael Jackson videos. Together with friends, he forms an underground company despite the regime's ban on dancing. Reece Ritchie and Freida Pinto star. In theaters April 10.



connect + enjoy

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WHO KNEW?

In 1983, jelly beans blasted off on the same flight as Sally Ride, the

first American woman in space.

shelf life **Debut novels**

Dive into these enveloping new reads by first-time novelistsyou won't come up until the last page.



The Turner House by Angela Flournoy (\$23; Houghton Mifflin Harcourt)
A family and its
Detroit home mirror the city's struggles ovér a half-century.



Etta and Otto and Russell and James by and James by Emma Hooper (\$26; Simon & Schuster) Etta, 83, sets out on foot to get her first glimpse of the ocean, and leaves passion leaves passion in her wake.



Unbecoming Unbecoming by Rebecca Scherm (\$27.95; Viking) Art heists, love triangles, and an all-American girl in Paris who isn't quite what she seems JELLY BEAN STAT: JELLY BELLY; PHOTOS: (JELLY BEANS, CHARGER) ADAM ALBRIGHT, (BOOTS) JEFF HARRIS



Easter is better with (m)











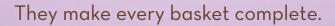
















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fresh | guide



CLEVELAND, OH POPULATION: 390,113

Clever reinvention hits the Rust Belt.

TAPPED IN Brewnuts' Shelley Fasulko and John Pippin baked up a new way to ride the artisanal doughnut wave—by stirring in Ohio-made craft brews. There's a lager-glazed goodie for the purists, a rich stout cake doughnut for chocoholics, and just for fun, a champagne beer beauty studded with sugar "bubbles," left, that's almost too pretty to eat. brewnutscle.com

MARKET WATCH Some things get better with age. Take the iconic West Side Market—a public hot spot for pantry staples and an oasis for flavor-hunting foodies. More than 100 years old, it's a pioneer for the open market concept, and just as hip as the new kids. westsidemarket.org

ARTFUL LIFE The Transformer Station fine art gallery is about more than just what's hanging on the walls. Visitors can take in one-off, experiential "showings" by the likes of chefs (a raw-food dinner) and gyms (a yoga class). transformerstation.org

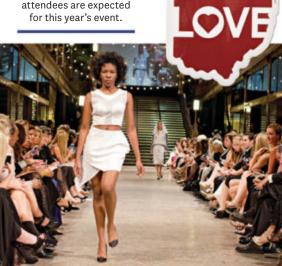
HELLO, CLEVELAND! With a rich comic heritage (Dave Chappelle, Molly Shannon, Drew Carey) and a growing indie comedy scene, this city with a sense of humor is breaking new entrepreneurial ground, too. Comics at the Laugh Staff will help you craft LOL-worthy speeches for business events or weddings. laughstaff.com

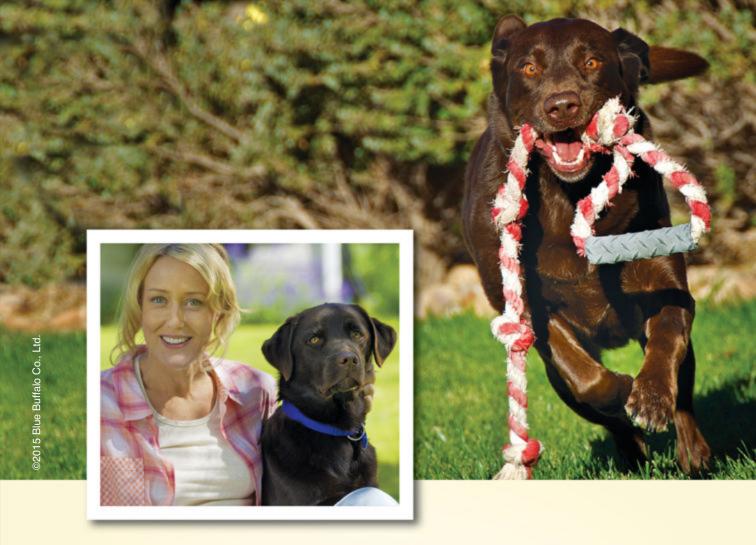
LIVE LONG AND POLKA Prosperity Social Club is where cool kids go to revel in the formerly unhip. Enjoy pierogies, Polish beer, and plenty of polka at the weekly Old World Wednesdays. prosperitysocialclub.com ■

WHO KNEW?

Cleveland has a growing Fashion Week! Twelve runway shows and more than 5,500 attendees are expected for this year's event.







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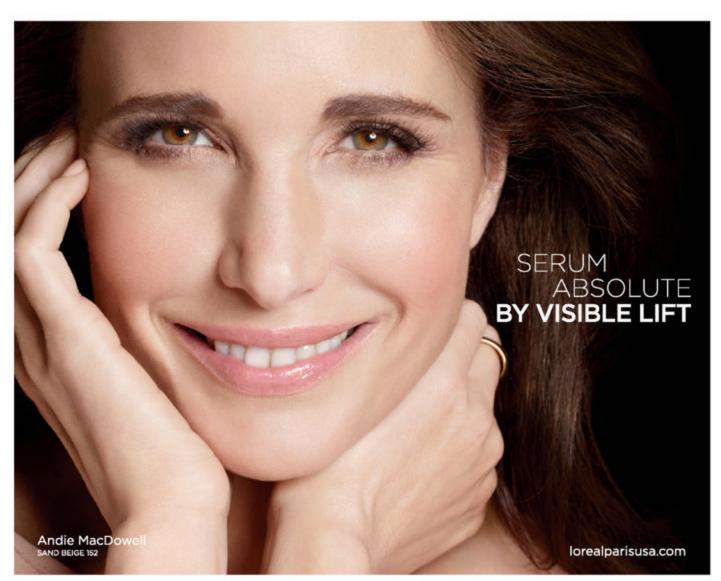
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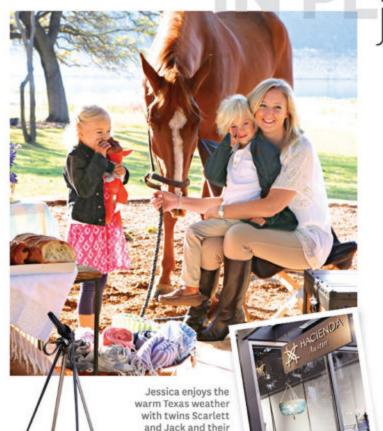
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horse, Brody.

Founder of Hacienda and Hacienda Collection, a lifestyle boutique and product line based in Austin ирепроор

BY JOLENE EDGAR

HER STORY A former finance exec, Jessica moved her family from New York City to Austin seeking a mellower way of life. Last fall, Jessica opened Hacienda, a boutique with a modern ranch feel that sells everything from handwoven leather rugs to organic beauty products.

SKIN SAVER "Since I'm outside so much more now, I use a ton of sunscreen. For face, I'm loyal to Supergoop! CC Cream SPF 35—it's tinted, and the founder lives in Texas." \$32; supergoop.com

TRAVEL COMPANIONS "I take a scouting trip at least once a month, so I never unpack my beauty go bag. One of my mainstays:

Neutrogena Healthy Skin Smoothing Stick, a concealer that works for both undereyes and blemishes." \$6.99; drugstores

EARTHLY DELIGHTS "One of the first things we did when we moved to Austin was plant a garden—the fresh ingredients inspired some of the scents for my body care products."

HOUSE RULES "Make every accent mean something to you. Focus on one room at a time, choosing one statement object to guide your design process."

"Sometimes a change of scenery is all you need for serious inspiration to strike."

IN THE BAG

"I don't wear much jewelry. Rich-looking leather accessories are special without being flashy." \$88 each; roughandtumbledesign.com



A drier climate calls for Fekkai Brilliant Glossing Styling Crème (\$20; fekkai.com) and Aesop Mandarin Facial Hydrating Cream (\$49; aesop.com).



"This essential oilinfused balm is a great multitasker: I use it on lips, cuticles, and split ends." \$12 each; haciendacollection.com



FRINGE BENEFIT

"We take these everywhere—the pool, the barn, a concert in the park." Hacienda Essentials Towels, \$34 each; hacienda collection.com





foundation

3 RULES FOR ...

faking great skin

- THE RIGHT FOUNDATION IS KEY Shocker, we know. With all the new options out there, finding the perfect match for your skin type can be a tad tricky. The absolute easiest way to do it? Head to your local makeup counter and chat with a pro. If you go it alone, start here: No one formula can do everything, so pick your biggest skin issue—dark spots, say, or shine—and find one specializing in just that. Then look for the right shade. Pick three you think are close, then test on your face (not your hand). "Choose a spot where skin looks the nicest," says Andrew Sotomayor, a celebrity makeup artist in New York City. "When the product completely disappears, you've got a winner."
- PREP YOUR CANVAS Your foundation will look its best if you put it on skin that's as smooth and supple as possible. That means exfoliating and moisturizing first. Use a gentle scrub or skin brush to remove dead cells at least once a week, or right before applying makeup if you see flakes. Then smooth on your daytime moisturizer. You can hit a snag here, too: "Pick a moisturizer that's too thick, and your color can actually ball up or pill," Sotomayor says. A good rule of thumb: If cream still feels sticky or tacky three minutes after you apply it, it's time to test-drive lighter formulas.
- HANDS OFF! Putting on foundation with your fingers can cause streaks, and you'll end up using twice as much. "The skin on your fingers will absorb some of the moisture from your makeup, so you'll end up having to layer on more," Sotomayor says. Instead, use a brush, and you'll have a smoother, more airbrushed-looking finish. Start in the middle of your face and blend outward, so the color is more sheer around your hairline, ears, jawline, and neck.

5 COOL NEW FOUNDATIONS











1 WAKE UP TIRED SKIN Guerlain Baby Glow, \$54; nordstrom.com
2 BRIGHTEN DARK SPOTS Estée Lauder Enlighten Even Effect
Skintone Corrector, \$40; esteelauder.com 3 NIX SHINE Urban
Decay Naked Skin Ultra Definition Powder Foundation, \$36;
urbandecay.com 4 SMOOTH PEACH FUZZ Covergirl Ultra Smooth
Hair Smoothing Foundation, \$16.99; drugstores 5 FADE FINE LINES
L'Oréal Paris Visible Lift Blur Foundation, \$14.99; drugstores ■







5 PROBLEMS, 1 SOLUTION SEE HAIR STRONGER, SHINIER



Get the 1 solution at AdvancedHaircare.com

fresh gatherings HIT THE DECK They say April showers bring May flowers, but who can wait? Set the first alfresco table of the season with FREE PARTY KIT pure flower power: Start Get the place card with bouquets of garden or labels, the April showers grocery store blooms and poster, and an easy spring menu. floral napkins. (They're BHG.com/ cut-not sewn-from **SpringParty** quilting fabric remnants.) Candle lanterns add instant atmosphere, day or night. And a \$4 pashmina in hot pink transforms your picnic table into a party table. Float flower heads in dessert cups. \$4 table runner! It's a pashmina. fashionanything.com



REMNANTS

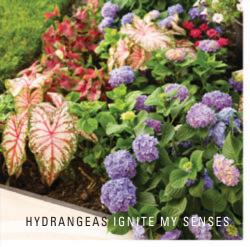
Fat quarters (so named because they're each about 1/4 yard) are a shortcut to a mixed set of napkins. Aqua Stash Pack, \$52.50 for six fabrics; duckodilly.com

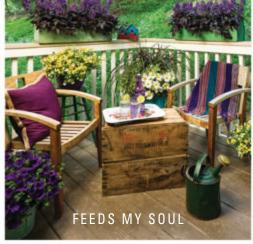


A garden-variety clipboard makes a fun frame for this pretty printout. Download it free. BHG.com/
SpringParty

LANTERNS

As versatile as basic white dishes and clear glasses, these lanterns mesh with any table setting. Better Homes and Gardens® lanterns in glass, \$7.97, and ceramic, \$9.97, walmart.com ■





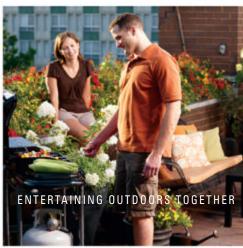


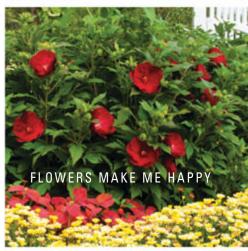


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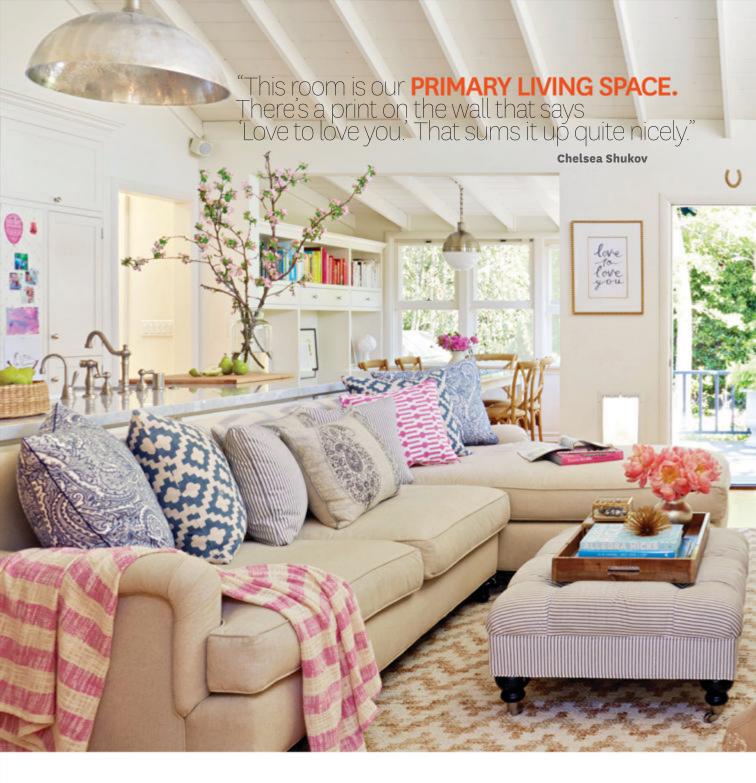
Just tear open and enjoy.











2 COZY COMFORT Rather than line

the island with stools, the Shukovs placed a sectional against it, carving out a sitting area and place to watch TV. An ottoman doubles as a coffee table-topped with a tray that provides a safe spot for snacks.

3 FRESH COLORS AND PATTERN

Playful pink and blue accents put a happy face on the tan and cream base. Bold patterns do, too. "I took a chance on pattern and it worked," Chelsea says of the chic chevron rug in the sitting area.

LOTS OF LIGHT

Glass doors and curtain-free windows usher in light, making the room seem bigger. Windows above the sitting area built-in (page 34) are a bonus. "From the sink, I see blue sky and the tops of old oak trees," Chelsea says.

5 HIDDEN TECH Greg, who owns a home-automation company, installed all the latest gizmos in the 1933 cottage. A sensor turns off lights and TVs in empty rooms, and a system shuts down the AC and water heater during vacations.



TWO SIMPLE DESIRES drove the design of Chelsea

and Greg Shukov's Brentwood, California, cottage: The couple wanted a lot of function and a lot of soul. They focused on the kitchen, treating it as a mini great-room by adding a sectional for lounging. White paint took care of the mint green sponge-painted walls, making the space seem more youthful and bigger. Chelsea then enlivened all the white with the same happy colors, patterns, and imagery that have made her stationery business, Sugar Paper, a success. "With Sugar Paper, we say we're timeless and classic, chic, and a bit playful," Chelsea says. "I guess I approach my house the same way I approach my business. It's a collection of things I love."



OUTDOOR CONNECTIONS

The kitchen opens to a spacious deck, extending the family's hangout space. Black stain on the decking boards and railings is the game-changer, making the basic deck look more stylish.



In the sitting area, a wall-spanning built-in is media center, display space, and storage in one. Drawers on the bottom are a quick stash-it spot for toys. "Each drawer has a theme—cars, trains, musical instruments," Chelsea says.

PERSONAL TOUCHES

Chelsea believes people want to linger in rooms that have heart. She decorated the built-in shelves with items that have meaning: photos of her kids, a vintage typewriter, and framed letterpress prints—typography being an affordable way to get art.

WIN \$25K!

Dreaming of a refreshed home? Enter for a chance to win \$25,000 to make your home better. Details on page 168. BHG.com/Home25K





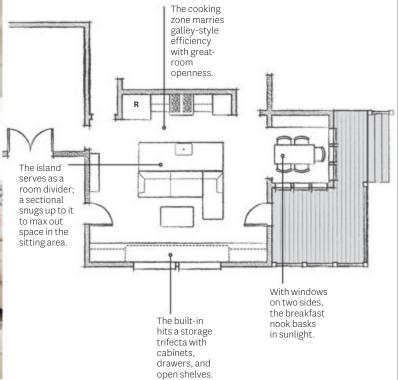


ILLUSTRATION: CHRIS GLOWACKI



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Always Discreet. So bladder leaks can feel like no big deal.





Sugar Paper stationery and notebooks reflect Chelsea's bold, playful aesthetic. Notebooks, \$10-\$26; sugarpaper.com

SMART UPDATES

Three simple upgrades took the nice-but-a-little-tired "before" to highstyle "after": white paint (good-bye, dingy cabinets!), marble counters, and personality-boosting metal pendants.

TEXTURAL ELEMENTS

Chelsea played with tones and textures to offset all the white. Rattan chairs and bouquets of flowering branches (her fave alternative to flowers) have an earthy quality that warms. ■



*** at Home ***

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STRAWBERRY REMIX







"People are comfortable with green because it's everywhere in nature. It's like bringing the outside in."



TUCKED IN
Try this for a storage-rich
nightstand. Safavieh
Bernardo Side Cabinet,
\$119.99; wayfair.com



BRIGHT SPOT
Make any posies shine.
Ball, Funnel, and Conical
vases, \$29.50, \$39.50;
countrycurtains.com



Nancy Evars

SOFT TOUCH
Feel like you're escaping
to a lush garden. Fern
duvet cover, \$260/queen;
pineconehill.com ■



DAY JOB Close friends
Nancy Evars and Dimitra
Anderson are a San
Francisco Bay-area design
team currently crushing
on spring greens like
those in this bedroom
they designed, left.

PICK SMART "Don't look to the past at avocado (too old and drab) or sage (too safe and limiting)," Nancy says. "Avoid shades with brown in them, such as camo greens, and instead look for greens with yellow and blue undertones. They pair better with the brighter, lighter colors of today, like coral, pink, lavender, and turquoise."

TIME TRAVELER "Use a wide spectrum of greens in a room," Nancy says. "Sharp greens like chartreuse are a great injection of modern color, and you can replace them after a few years. Softer shades like Kelly green are more versatile and timeless, and you won't tire of them."



Play with our spring palette in a real living room.

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Even the most ordinary pot can dazzle with the right accessories. Two ideas to try: Crushed glass pot toppers, above, add color and eliminate splatter; thegardenofglass.com. Pot feet, below, dish out decorative flair while keeping surfaces dry; www.myplumscrumptious.com.





JOURNAL YOUR GARDENING

WHEN DID MY MAGNOLIA BLOOM?

What was the name of that plant I saw? You'll have the answers to questions like these if you write them down. Journaling is one of the most underrated gardening practices. This year, give it a try. Prairie Garden journal, \$52; prairiegarden.etsy.com.

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WITH A BIG
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New, lightweight
materials make
large pots
much more
manageable.
Pride Garden Tall Canna
pots, available through
homedepot.com

TREND ALERT!

you connect with

others, journal, and much more.





UPGRADE **HOSES**

Take the aggravation out of watering with a new and improved hose. Two worth trying:

LOSE THE WEIGHT At about half the heft of a standard one, a thinprofile hose is a cinch to pull across the yard. Try a fun color like Eggplant, \$39.95; gardeners.com.

NO MORE KINKS No matter how it's bent or folded, this hose springs back to shape, so it never develops permanent kinks. . Crispo Hose, \$39.95; walmart.com.



7. SIMPLIFY WATERING A hose timer

automates watering for a fraction of the cost of an inground system. Orbit Timer, \$29.98; Lowe's

Step up to

Raised beds can be filled with the very best topsoil, so you don't have to spend years improving difficult ground. Traditional wood beds are fine, but composite decking boards, right, and rusted steel are decorative and durable.





HOT SUNSET Early maturing, spicy, banana-type peppers.

SWEET SUNSET Heavy fruiting, banana-type variety.

FLAMING FLARE A Fresno chile adapted to a wide range of climates.



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Hungry for **NEW RECIPES**? Try this quick & delicious dish



PASTA PUTTANESCA WITH **MIXED OLIVES AND WALNUTS**

By Patty Mastracco, Cookbook Author

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 cup onion, sliced, quartered
- 4 cloves garlic, minced
- 1 28-ounce can tomatoes, diced, petite
- 3/4 cup mixed olives,* pitted, coarsely chopped
- 2 tablespoons capers, drained
- 2 tablespoons tomato paste
- 1/2 teaspoon red pepper flakes, crushed
- 3/4-1 pound wheat spaghetti or linguine, cooked according to package directions
- 3/4 cup California walnuts, coarsely chopped, toasted
- · Basil, fresh, snipped and Parmesan cheese, freshly grated (optional)

*May substitute kalamata olives

Directions:

- 1. Heat olive oil in a large saucepan over medium heat. Add onion and cook for 5 minutes. Add garlic and cook for 1 minute more. Stir in tomatoes, olives, capers, tomato paste and red pepper flakes and bring to a boil.
- 2. Reduce heat and cook over low heat for 20 minutes, stirring occasionally. Toss with hot, cooked pasta and sprinkle with walnuts.
- 3. Top with basil and Parmesan cheese, if desired.



HOW TO BLIPP



Blippar app.





Fill screen with this recipe.



share this recipe!



PERFUME

Lilac, mock orange, daphne, jasmine, rose, lily: These blooms can make a whole landscape smell good. Plant one in your yard to turn it into a garden of sensual delights. The Lady Gardener, right, is a brand-new David Austin introduction noted for its intense aroma.



MOVE IT! If a perennial or shrub isn't thriving in its present location, transplant it in late winter or early spring to a better spot.



12 DON'T SKIP THE

Mulch is as vital for controlling weeds as for maintaining a tidy appearance. But there are several kinds—which is right for you? Take our Mulch Personality Quiz to find out what kind of mulcher you are. BHG.com/MulchQuiz



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THAT BLADE Take the work out of shoveling and hoeing by filing blades to a sharpened edge.

Win this mower!

Create your perfect lawn with the John Deere S240 Sport Tractor! Enter daily at BHG.com/TractorGiveaway for your chance to win. Details on page 168.





TRY A NEW

2015 offers some beautiful new varieties, including these three unique summerblooming annuals.



PINK ZAZZLE GOMPHRENA Plant Pink Zazzle in a pot where its giant, longlasting pink blooms can drape over the edge.



VERMILLIONAIRE CUPHEA This rugged plant will delight you—and the hummingbirds—with its rich, red blooms.



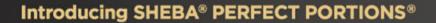
BOUNCE IMPATIENS
Named because of its
resilience to drought,
Bounce also resists the
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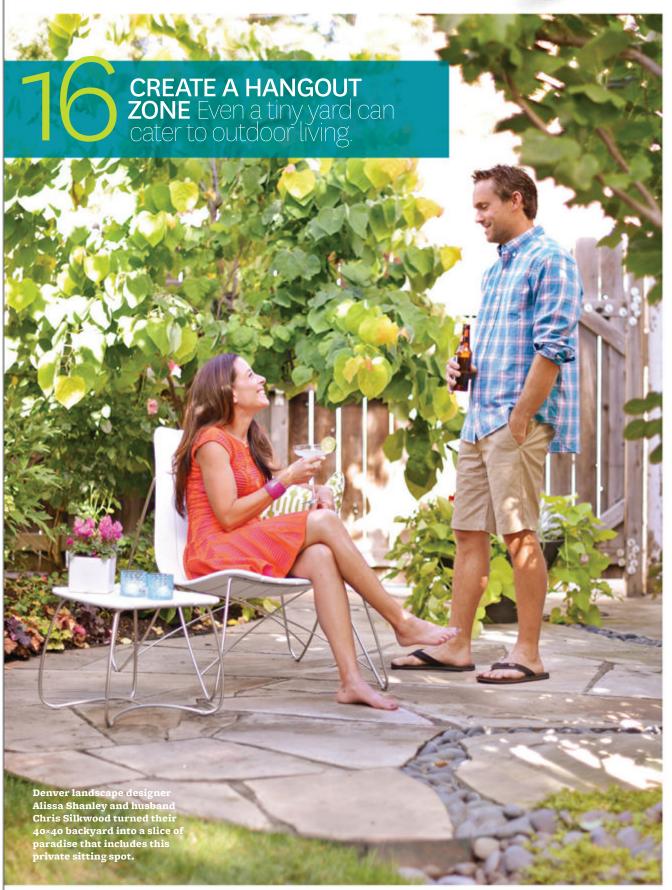
ADDICTION IS HOPELESS WITHOUT YOU

Share your story of recovery or message of hope with someone who needs to hear it. Visit drugfree.org and join the "Stories of Hope" community.











17 GO FOR DOUBLEDUTY FURNITURE

Alissa and Chris save patio space with pieces that serve dual purposes. In their comfy conversational grouping, right, cocktail hour cruises seamlessly into casual dining and laid-back lingering, thanks to a generous coffee table and deep cushioned seating.

18 GROW UP

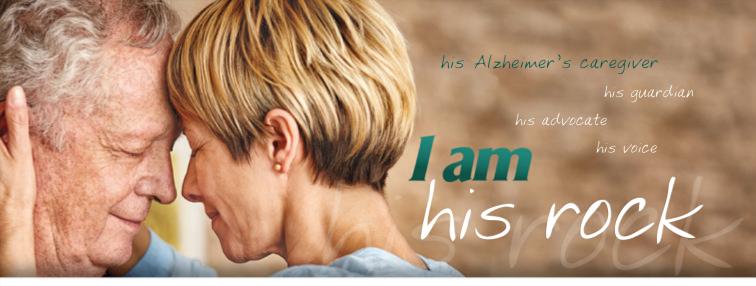
Columnar hornbeam and the slim, vertical Jack flowering pear provide impact in a small footprint. Shrubs, such as Little Lime hydrangea, also show respect for the narrow boundaries. "Do I like it?" is Alissa's top criterion for choosing plants, she says. But "Does it fit?" is critical, too.

19 REPEAT THEMES

Tributaries of smooth river rocks meander between flagstones and into garden edging in both patios, visually connecting the spaces. "I saw a version of this in a magazine and saved it," Alissa says.







Adding once-daily NAMENDA XR to your loved one's current treatment may help their moderate to severe Alzheimer's disease.

NAMENDA XR works differently than other Alzheimer's medications.







Current treatment*

NAMENDA XR

By adding **NAMENDA XR**, you may see:

- An improvement in overall function
- An improvement in cognition
- A slowdown in the worsening of symptoms for a while

NAMENDA XR® (memantine hydrochloride) extended-release capsules are approved for the treatment of moderate to severe Alzheimer's disease. NAMENDA XR is available by prescription only.

There is no evidence that NAMENDA XR or an AChEI prevents or slows the underlying disease process in patients with Alzheimer's disease.

*Alzheimer's treatments include ARICEPT®, EXELON®, or RAZADYNE®. Trademarks referred to herein are property of their respective owners.

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IMPORTANT RISK INFORMATION

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urineLiver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

 Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.



7 mg, 14 mg, 21 mg, 28 mg



Brief Summary
of Important
Risk Information
NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

 Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605. Please also see full Prescribing Information at www.namendaxr.com.

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This searchable database of more than 700 plants and flowers ensures you can find the perfect picks for your landscape.

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Answer a series of short questions to get a garden plan that meets your specific needs.

HOW-TO-GARDEN HUB

BHG.com/Gardening101

A vast collection of techniques, tips, tricks, and fundamentals for every gardener.

WHAT KIND OF GARDENER ARE YOU?

BHG.com/GardeningQuiz

This quick quiz gives you a customized guide to help you grow your best garden yet.

GARDENING WHERE YOU ARE

BHG.com/RegionalTips

Get gardening tips, schedules, and ideas tailored to your region.

PLAN-A-GARDEN

BHG.com/PlanAGarden

Use this design tool on your computer to create your dream garden. Drag and drop garden structures, accents, and plants. It's fun!

Recipe for part-shade

Combine plants with similar sunlight needs (photo, page 60).

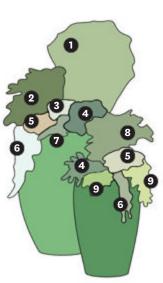


ILLUSTRATION: CHRIS GLOWACKI

1. DWARF ARCTIC WILLOW

Long, airy stems. 4 feet, Zones 4-6

2. KATSURA PIERIS

Wine-red new leaves. 3-4 feet, Zones 5-8

3. CUSHION BUSH

A puff of smoky stems. 18–36 inches, annual

4. BLUE GEM ALPINE PLUM YEW

Foliage turns from red to blue-green. 12 inches, Zones 7-10

5. COPPER CASCADE HEUCHERELLA

Rosy leaves on trailing stems. 32 inches, Zones 4–9

6. SILVER FALLS DICHONDRA

Trim long stems to desired length. 3–6 feet, annual

7. TORCH ANGEL

Dark leaves set off fiery flowers. 8–12 inches, annual

8. GARTENMEISTER FUCHSIA

Dramatic, upright habit. 18 inches, annual

9. AUTUMNALE FUCHSIA

Gold-tinged leaves spill over pot edges. 12 inches, annual ■



A Window into a Trendsetter's Style Picks

If you want to know the trends the world's most fabulous homes will be featuring, look no further than Budget Blinds.



Tracy Christman

As design expert and Vice President of Vendor Alliance at Budget Blinds, the world's largest window coverings franchise, Tracy travels the world, working with the best manufacturers to identify the hottest colors, styles, and fashionforward trends in home décor. For even more of Tracy's style forecasts and ideas about how to bring your home to life with splashes of color and beautiful design, go to blog.budgetblinds.com.



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glamorous stylish romantic exotic

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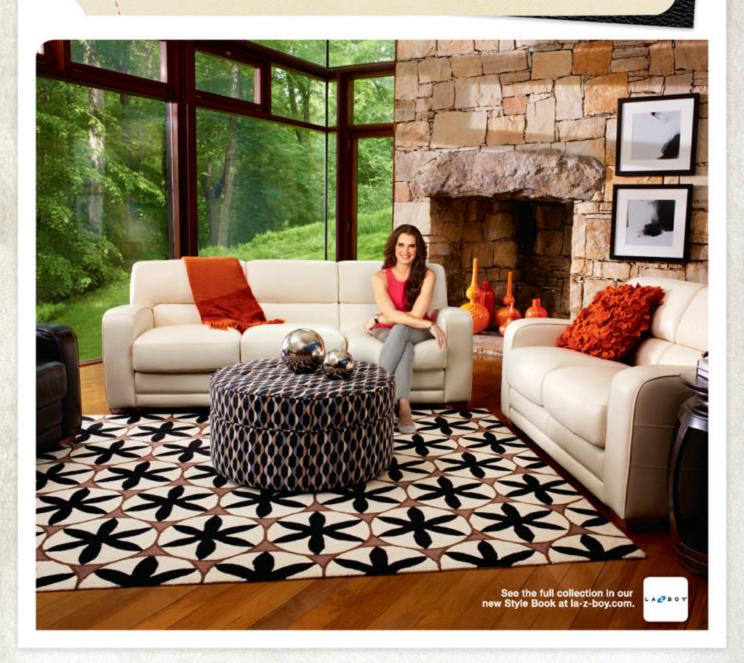
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Yes, this is all La-Z-Boy. And no, you aren't the first to ask.



My friends are always amazed when they find out that La-Z-Boy doesn't stop at recliners. Once I tell them, they can't get there fast enough to shop for sofas, sectionals and loveseats. Trust me, it's worth taking another look at all the comfortable, great-looking furniture La-Z-Boy offers. Any more questions?





SLUMBER PARTY, ANYONE? In Peggy Cvach's home, that familiar refrain is code for girl time with her grown daughter and grandma time with 10-year-old twins



and two teens. No sleeping bags needed, though. Everyone bunks in beds in a cute little backyard playhouse—a formerly run-down structure that Peggy and her husband, Gary, inherited when they bought their West Linn, Oregon, home. "I finally said, 'Let's see what we can do to make it magical, fun, and fantastical," Peggy says. A new foundation, windows, and a heightened doorway that allows easy entry for adults make the space habitable. The fantastical comes in the details. The salmon-painted front door is actually two sidelights outfitted with knobs. The decor is a funky mix of salvaged and mismatched. The magic and fun? Time spent together talking, reading, maybe watching a movie on an iPad. And with her daughter's family living just 10 minutes away, Peggy is always (and happily) on call for another sleepover. "It's pure enjoyment," she says.

Designer Arlene Lord scavenged antiques stores for the dresser and two hospital bed frames, above—one bed rigged with two footboards so it would fit below the bunk. "We wanted things to be perfectly imperfect," Peggy says.

Whitewashing the knotty pine brightened the interior, right. A chandelier and sconces provide Peggy's must-have light for reading. To extend sleeping space, a lofted bed snugs between eaves.

INSIDE OUT

A set of screen doors, installed on the inside, wears the same playful hue as the exterior doors.



home | decorating



The boho-chic mix of patterns and colors wakes up the neutral foundation, including linen curtains from Peggy's previous house. "We tried to reuse things I already had," she says. ■

For complete buying information: BHG.com/Resources

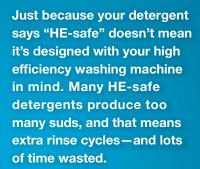
BETTER HOMES AND GARDENS | APRIL 2015 | BHG.COM



Does this sound familiar? Your high efficiency washing machine shows just 7 minutes left—but it takes longer and longer and longer...

GET BACK MINUTES

Your high efficiency machine isn't broken, it's just smart—so smart that it senses when extra suds are left over post-rinse, and triggers extra rinses to get rid of them. And that means plenty of time wasted watching your laundry go around and around...



What does that mean for you? Think about your last load of laundry. Maybe the timer said 7 minutes, but as you watched the final rinse cycle you felt like it was taking twice as much time—and it probably was.

It's not your imagination. Your high efficiency washing machine may be taking much longer than it should.

Between the extra suds—and the extra rinsing that results—you could be wasting up to 25 minutes with HE-safe detergents. HE Turbo is the new standard in high efficiency laundry, offering fast, powerful cleaning, with no extra suds, great performance in cool temperatures and an overall better wash cycle you can count on.



HE Detergent Suds Level Comparison







Value Detergent



Get back up to 25 minutes per load with Tide HE Turbo.

Unleash the power of Tide HE Turbo for a fast, powerful clean every time

Tide HE Turbo is designed exclusively for high efficiency machines, with Smart Suds™ that collapse faster and attack dried-in stains better, saving you up to 25 minutes and 10 gallons of water per cycle.





LAUNDRY TIME







ORIGINAL

SAVE UP TO 25 MINUTES IN YOUR HIGH EFFICIENCY WASH CYCLE.

HE Turbo's Smart Suds™ collapse faster to save up to 25 minutes a wash in your high efficiency machine. Look for HE Turbo on Tide.

tide.com/he



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Don't dread those once-a-year jobs. Divide and conquer them.
Our spring cleaning game plan—organized by room and the smartest working order—will help you tackle the tasks over several days or weeks. You'll have a clean, refreshed house, on your schedule.

BY AMY PANOS | RESEARCH BY BERIT THORKELSON

Six steps to clean every room

1. DECLUTTER JUST A BIT

Find a new place for—or better yet, get rid of—anything that does not belong in the room but is visible. (Save the stuff behind closed doors for another day. You don't want to get overwhelmed.) Clearing the clutter makes deep cleaning easier, plus seeing those tidy surfaces will give you the oomph to keep going.

2. START HIGH, GO LOW

Tackle the big, hard-to-reach surfaces in this order: ceiling, ceiling trim, ceiling light fixtures (including bulbs), walls, the rest of the trim, and baseboards. The best tool is a clean microfiber mop or duster with a telescoping handle. (They're so thin you can get behind the sofa without moving it.) Above eye level, a spritz of water is all you need on the mop. But below it, where there is actual dirt plus dust, use warm water mixed with a drop of dish soap. (In bathrooms, add a splash of white vinegar to stop mold.) Where a mop is unwieldy, use a microfiber cloth. Rinse often and wring thoroughly.

3. YEP, YOU DO WINDOWS

It's not that bad, and the payoff is huge. First, vacuum the sills and tracks. Then spritz the window with cleaner from top to bottom. Let the cleaner do its thing for a minute, then squeegee it off. If you wipe in one direction on inside windows and another on outside ones, it will be easier to see and fix streaks.

4. SPRUCE UP WINDOW TREATMENTS

Save yourself the trouble of taking down blinds or shades. All you really need to do is vacuum them using the brush attachment. And instead of laundering and ironing curtains, just fluff them in the dryer for a few minutes (while you wipe off the rod and rings). Then hang them right back up.

5. DITCH THE DUST

Wipe all remaining hard surfaces (wood furniture, shelves, built-ins, etc.) using a petroleum distillate-free, beeswax-based wood cleaner. (Try Williamsville Wax, \$6.25; hfstaples.com.) If you feel the need for speed, put a clean cotton tube sock on your dominant hand and move objects with the other. Finally, take a lint roller to the lampshades.

6. REFRESH THOSE FLOORS

Folks, to do this right, you've gotta move the furniture, even the biggies like beds and sofas. To make that easier now and in the future, put furniture gliders (about \$5 for four; amazon.com) under the big pieces. Then break out your vacuum's crevice tool to get at dirt in corners and along baseboards. If you have a hard floor, clean it with a microfiber mop and the prescribed cleaner. If you have carpet, now's a good time to rent a professional-grade cleaner. (And if you have pets and/or kids, think about investing in your own.)

As you clean the ceiling, check smoke detector batteries.

PHOTOS: JASON DONNELLY

TIP

TIP

Save your knees. Use a

gardening mat when you clean

baseboards.

Drywall sanding sponges work wonders on dirty window screens. No water needed.

READY FOR MORE? Turn the page to get tips and tricks for cleaning every room.

A gummy chew for 12 weeks of flea & tick protection!

(I'd nuzzle me, too.)



Bravecto.com

Jack's telling everyone about the flea and tick chew that gives him up to 12 weeks* of protection—and a lot more snuggle time with Lily, his Mom.

Ask your vet for 12 weeks* of love with



*Bravecto kills fleas, prevents flea infestations, and kills ticks (black-legged tick, American dog tick, and brown dog tick) for 12 weeks. Bravecto also kills lone star ticks for 8 weeks.

Bravecto is for dogs 6 months of age or older. Side effects may include vomiting, decreased appetite, diarrhea, lethargy, excessive thirst, and flatulence.





BRIEF SUMMARY (For full Prescribing Information, see package insert)

Caution:

Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Indications:

Bravecto kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*) and the treatment and control of tick infestations [*Ixodes scapularis* (black-legged tick), *Dermacentor variabilis* (American dog tick), and *Rhipicephalus sanguineus* (brown dog tick)] for 12 weeks in dogs and puppies 6 months of age and older, and weighing 4.4 pounds or greater.

Bravecto is also indicated for the treatment and control of Amblyomma americanum (lone star tick) infestations for 8 weeks in dogs and puppies 6 months of age and older, and weighing 4.4 pounds or greater.

Contraindications:

There are no known contraindications for the use of the product.

Warnings:

Not for human use. Keep this and all drugs out of the reach of children. Keep the product in the original packaging until use, in order to prevent children from getting direct access to the product. Do not eat, drink or smoke while handling the product. Wash hands thoroughly with soap and water immediately after use of the product.

Precautions:

Bravecto has not been shown to be effective for 12-weeks duration in puppies less than 6 months of age. Bravecto is not effective against *Amblyomma americanum* ticks beyond 8 weeks after dosing.

Adverse Reactions:

In a well-controlled U.S. field study, which included 294 dogs (224 dogs were administered Bravecto every 12 weeks and 70 dogs were administered an oral active control every 4 weeks and were provided with a tick collar); there were no serious adverse reactions. All potential adverse reactions were recorded in dogs treated with Bravecto over a 182-day period and in dogs treated with the active control over an 84-day period. The most frequently reported adverse reaction in dogs in the Bravecto and active control groups was vomiting.

Percentage of Dogs with Adverse Reactions in the Field Study

Adverse Reaction (AR)	Bravecto Group: Percentage of Dogs with the AR During the 182–Day Study (n=224 dogs)	Active Control Group: Percentage of Dogs with the AR During the 84-Day Study (n=70 dogs)
Vomiting	7.1	14.3
Decreased Appetite	6.7	0.0
Diarrhea	4.9	2.9
Lethargy	5.4	7.1
Polydipsia	1.8	4.3
Flatulence	1.3	0.0

In a well-controlled laboratory dose confirmation study, one dog developed edema and hyperemia of the upper lips within one hour of receiving Bravecto. The edema improved progressively through the day and had resolved without medical intervention by the next morning.

For technical assistance or to report a suspected adverse drug reaction, contact Merck Animal Health at 1-800-224-5318. Additional information can be found at www.bravecto.com. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at http://www.fda.gov/AnimalVeterinary/ SafetyHealth.

How Supplied:

Bravecto is available in five strengths (112.5, 250, 500, 1000, and 1400 mg fluralaner per chew). Each chew is packaged individually into aluminum foil blister packs sealed with a peelable paper backed foil lid stock. Product may be packaged in 1, 2, or 4 chews per package.

Distributed by:

Intervet Inc (d/b/a Merck Animal Health)

Summit, NJ 07901

Made in Austria

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141487 R2



Now that you know the basics, here are room-specific tasks that will help you **SPRING CLEAN YOUR...**

BEDROOM

- 1. LAUNDER THE BEDDING Wash the bed skirt, duvet cover, shams, and pillows (even down-filled). Give them an extra spin cycle to make drying faster. Dry down pillows on low with clean tennis balls to prevent clumping; dry synthetics outdoors. For comforters, hit the laundromat and use one of the XL front-loaders.
- 2. FRESHEN THE MATTRESS While your bed is disassembled, sprinkle

baking soda on the mattress, let it sit for an hour, then vacuum it up using the hose attachment. Flip or rotate the mattress per the manufacturer's advice and repeat.

+ IF YOU WANT BONUS POINTS
Pull out fall and winter clothes you didn't wear this past year and bag them for consigning or donating.
Then treat your wardrobe to matching hangers. If your closet looks nice, you'll try harder to keep it under control.

BATHROOM

1. WASH THE SHOWER CURTAIN

It can probably go in the gentle cycle on cold, but check the tag. Set dryer on low and remove and rehang curtain before it's completely dry. Either wash the liner on cold and hang it to dry or spring for a new one.

2. OR MAKE SHOWER DOORS

SPARKLE To get rid of water spots and soap scum, heat distilled white vinegar and wipe it on the doors, reapplying to keep them wet for 30 minutes. Then scrub with baking soda sprinkled on a nonscratch pad.

Want to keep the shower cleaner longer? Add a squeegee and switch to glycerin soap. (Animal fat and talc in regular soap leave that icky residue.)

+ IF YOU'RE REALLY HARD-CORE

Bring order to the chaos under the sink. Pull everything out, lose what doesn't belong there, wipe down what does, and reload it by category.

WANT TO CLEAN LESS

OFTEN? Our pro secrets will have you on your way to a cleaner home in less time. Watch the videos at BHG.com/EasierCleaning

Make a realistic list of must-dos and nice-to-dos. Once you get the musts done, you can decide whether to tackle the rest or let them go.

—Becky Rapinchuk, cleanmama.net



1. POLISH THE CABINETS Wipe the exposed tops first, then cut newspaper to fit them. The paper collects the dust, so next time all you'll have to do is replace the paper. Genius. Next, wipe the doors front and back with wood cleaner (for painted or laminate surfaces, use warm water with a squirt of dish soap). Try the tube sock trick here. Put one on each hand, spritz with cleaner, and make like Mr. Miyagi. Wax on, wax off.

2. DEEP CLEAN IN AND AROUND APPLIANCES

Wait until the fridge is nearly empty, then wipe it down, inside and out. Do the same for the stove and dishwasher. If possible, pull them out from the wall to get at the surrounding walls and the floor.

- **3. TIDY THE COUNTERTOPS** Move everything off the counters, clean and dry them and the backsplash thoroughly, then return only what you use daily. Find hidden spots for everything else.
- → IF YOU'RE ON A ROLL Take everything off your pantry shelves and wipe them down. A roasting pan is the perfect crumb catcher. Still going strong? Rent an air compressor and blow the dust bunnies off your refrigerator coils to boost its efficiency.

TIP

Rubbing alcohol on a cotton makeup pad zaps germs on remotes, light switches, etc.

LIVING & FAMILY ROOMS

- **1. FRESHEN THE FURNITURE** Remove cushions and vacuum every upholstered surface, including the backs, with the brush attachment.
- 2. DON'T FORGET THE FRAMES Take all framed artwork and photos down and dust them front and back using a damp microfiber cloth. Attention: Don't spray anything directly on the glass. It could seep into the corners of the frame and potentially ruin the picture and mat.
- DUST UNDER ELECTRONICS Nobody's asking you to unhook and move everything. That would be nuts. Just get one of those super-skinny dusting wands (E-cloth cleaning and dusting wand, \$20.58; amazon.com) and run it under the components.
- → IF YOU HAVE LEFTOVER ENERGY Launder all the throws and throw pillow covers. Also, take a good look at the DVDs, CDs, video games, and other media tucked behind closed doors. Is there anything you can get rid of, maybe even sell for a little cash?



I couldn't stand the ringing in my ears!

y tinnitus started years ago. I was listening to music during a long

bus ride and when I got off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise increased. When a friend told

me about Ear Tone, I bought a box, with great anticipation. After about 3 months I noticed the noise was decreasing day by day. I can't express how

> happy this made me feel and how much I enjoy the silence. I still take Ear Tone, just to make sure I keep my ears healthy and to help prevent it from coming back.

I strongly recommend Ear Tone - it has made a world of difference for me."

Lilly P. Sweden

DO YOU SUFFER FROM TINNITUS?

Ear Tone™ is a Swedish supplement that is based on new research, showing significant results in reducing the perception of tinnitus in the ears. This supplement is designed to deliver important nutrients to the ear while promoting blood circulation.

Try Ear Tone and experience the effects for yourself.



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home | solutions

We asked four of our favorite cleaning pros: WHAT'S IN YOUR

CADDY?

- Baking soda in a shaker
- Clean paintbrushes (for dusting
- Dish soap (liquid or powdered)
- ✓ Distilled white vinegar
- Gloves
- Lint roller (for lampshades and upholstery)
- Microfiber cloths (both multipurpose and glass-only)
- Microfiber mop with covers for different types of floors
- Mr. Clean Magic Eraser sponges
- Multipurpose cleaner
- Nylon nonscratch scrub pad
- Rubbing alcohol
- Stiff-bristled, toothbrush-size brush (for shower door tracks, drains, etc.)
- Streak-free window and glass cleaner
- Telescoping pole with cobweb, ceiling fan, microfiber, and squeegee attachments
- Wood cleaner/conditioner

THE CLEAN TEAM MEET OUR EXPERTS

ABY GARVEY A professional organizer who teaches online courses on the subject, Aby has the motto "More fun. More done." simplify101.com

BECKY RAPINCHUK Becky's popular blog is all about how she keeps things clean and organized while still enjoying her family. You can, too. cleanmama.net

LESLIE REICHERT Leslie is on a mission to teach families the art and science of green cleaning, greencleaningcoach.com

MARY FINDLEY An author, expert, and entrepreneur, Mary invented a mop system that uses ordinary terrycloth towels. marymoppins.com =



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before after

Jennifer lost

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"I can't believe I lost this much weight! Hydroxycut® really works!"

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mix & match your way



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Key ingredients: lady's mantle, wild olive extract, komijn extract and wild mint extract. •• Based on AC Nielsen FDMx unit sales for *Hydroxycut*® caplets. Read the entire label before use. © 2014

























1. TAKE A STEP BACK

Sneak in extra storage by adding an up-high shelf. Make it just twothirds the closet depth so you can reach up and over the shelf below it.

Transparent bins trump opaque ones for storing small items. You don't even need labels.

3. DIVIDE & CONQUER

Theme each shelf, and position often-used categories between knee and eye level. The rest go up high or down low. Our shelf themes, from top to bottom: miscellaneous small items (batteries, lightbulbs), cleaners and cleaning towels, paper products, ironing gear, cleaning caddy, and vacuum accessories.

4. S MARKS THE SPOT

Hang dusters and other space hogs on hardware store S hooks. So simple.

A half sheet pan makes a heavy-duty tray for your iron and ironing supplies. Slide it in,

6. HOSE HANGOUT

Coil your vacuum hose and attachments in a sturdy, totable

The Bed Loved by Sore Achy Backs



Frustrated by the Quality of Your Sleep?

Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress may not be supporting you properly, robbing you of the sleep you need.

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Whether you prefer supreme softness or conforming comfort layers, the SLEEP NUMBER® bed adjusts to you, for a truly individualized sleep experience. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your SLEEP NUMBER® setting.

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It's the bed clinically proven to relieve back pain and improve sleep quality.* Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.†

93% experienced back-pain relief

89% reported improved sleep quality

77% found increased energy

Know Better Sleep[™]

Now, with SleeplQ® technology, you have the knowledge to adjust for your best sleep. Using DualAir™ technology inside the *Sleep Number* bed, SleeplQ® tracks your sleep and provides you with information that empowers you to achieve your best possible sleep, night after night. There's nothing to wear, nothing to turn on. All you have to do is sleep.



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The *Sleep Number* bed is so durable, it's backed by a 25-year limited warranty.

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know better sleep"

*For a summary of clinical studies and their results, visit sleepnumber.com. Find the technology used in the clinical studies in Sleep Number® c2, p5, p6, i8 and i10 mattresses. †From clinical studies conducted for Sleep Number by the Sister Kenny Institute at Abbott Northwestern Hospital and the Physical Therapy at The Marsh Health Center in conjunction with The Sleep Fitness Center. ‡2-year limited warranty on SleeplQ® technology. Warranties available at sleepnumber.com. §The 100-Night trial begins the day your new Sleep Number® bed arrives in your home. If not satisfied, call within 100 days of delivery to authorize return. We'll reimburse the purchase price less your initial shipping or Home Delivery and Setup fees. You pay return shipping. There are no returns or exchanges on Uphotstered Collection, adjustable bases, closeout, factory outlet or demo bed models. See Sales Associate or selepnumber.com for current details.

**Restrictions apply. See savings card for details and expiration date. SLEEP NUMBER, SELECT COMFORT, SLEEPIQ and the Double Arrow Design are registered trademarks of Select Comfort Corporation. ©2014 Select Comfort Corporation.

household helpers

This year, more than 70,000 consumers voted in our Best New Products Awards, bringing you the latest and greatest in five categories: household, food, beauty, health, and kids. Here's a look at some of our favorites in household care.













1. BEST DRYER FABRIC SOFTENER All Free Clear

Dryer Sheets No dyes or perfumes mean no problems for sensitive skin and noses. \$4.99 for 80 sheets; amazon.com

2. BEST FLOOR CLEANER Pledge FloorCare Multi Surface Concentrated Cleaner Add this cleaner to water to wash wood, vinyl, or

Add this cleaner to water to wash wood, vinyl, or ceramic tile. \$9.98 for 128 oz.; homedepot.com

3. BEST LAUNDRY STAIN REMOVER Clorox

Smart Seek Bleach Take a load off: This bleach works on all-white and mostly white clothing. \$1.98 for 55 oz.; walmart.com

4. BEST DISHWASHER DETERGENT Finish

Powerball Power & Free Tabs Hydrogen peroxide boosts these tablets. finishdishwashing.com

5. BEST CONVENIENCE CLEANING Clorox

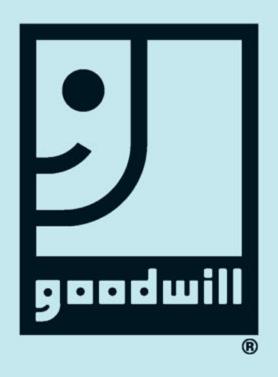
Disinfecting Wipes, Tub & Shower Attack viruses and bacteria in the bathroom. \$4.37 for 35 wipes; walmart.com

6. BEST LIQUID LAUNDRY DETERGENT

Arm & Hammer Plus OxiClean Ultra Power Laundry Detergent Try this on tough stains. armandhammer.com

7. BEST DISH SOAP

Dawn Hand Renewal with Olay Beauty Enjoy clean dishes, softer hands, and a new scent: Cucumber Melon. \$3 for 18 oz.; dawn-dish.com ■



DONATE STUFF. CREATE JOBS.



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Your Mouth, not your pocketbook.

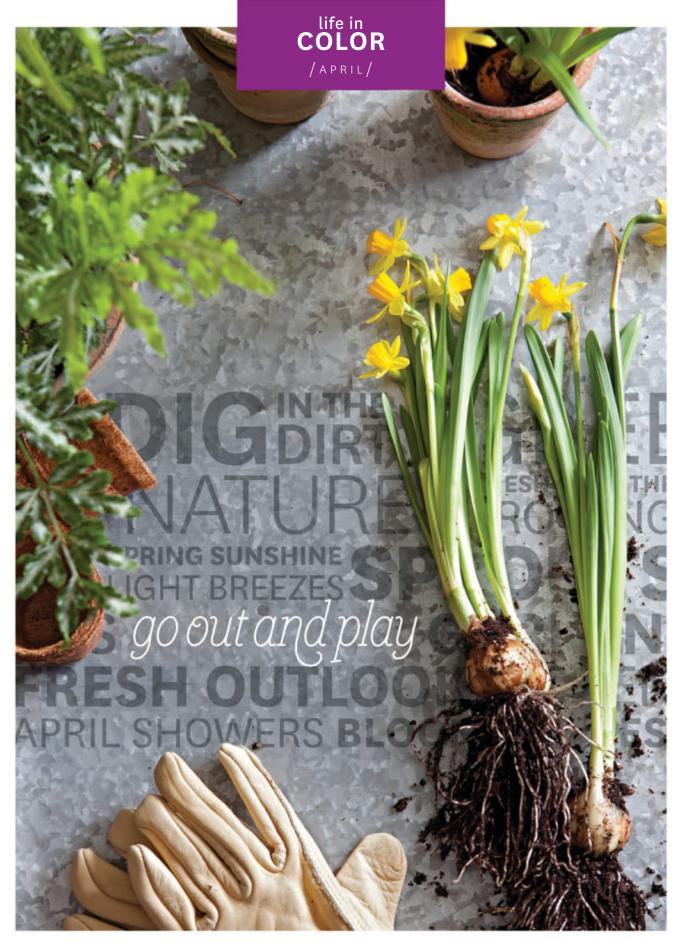
Ever find yourself in lunchmeat
limbo thinking, "do I get the
meat with ingredients I can't even
pronounce, or the super expensive,
fancy 'hey, look at me' stuff."

It's either affordable or
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you can have both. Have more,
not less! Stack it high to the
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Not that the South Minneapolis couple don't have a "life"—on the contrary, they're very social and quite busy running around after three young kids: Emmett, Oliver, and Beatrice. But when everyone is home, they take a doing-less-is-more approach to their time together. "We feel the push and pull out there, but we're making an effort not to overschedule," Nick says. A whole-house remodel six years ago focused on this goal. Two porches were added to connect the indoor space with the outdoors, which includes Wendy's five-bed vegetable and herb garden. Designer Alecia Stevens helped Wendy achieve an elegant yet casual European country house feel. "I wanted a feeling of simplicity and calmness," says Wendy, who chose understated colors (grays, browns, creams) and textural materials (soapstone counters, plastered walls). "It's easier to slow down and enjoy the process of doing things like writing letters and gardening when you have an environment you want to hang out in. We never want to leave, we love it so much here."

endy and Nick Brown might be the definition of homebodies.

Designer Alecia
Stevens "pushed me
to get outside my
comfort zone by
including modern
pieces in the furniture
mix," says Wendy,
who gravitates to
vintage furnishings.
"I'm definitely more of
a texture person than
a color person."







THE KITCHEN ISLAND LOOKS OUT TO THE YARD. WHEN DAD STARTS TO COOK, THE BOYS TAKE A TIMEOUT FROM SOCCER TO PLAY SOUS CHEFS.



"We didn't want a massive kitchen," Wendy says. "We kept the size true to an early 20th-century home." A vintage cabinet holds Wendy's collection of assorted vases. Gardening is a family passion: Ollie helps Mom pick chard, and Bea loves to water.







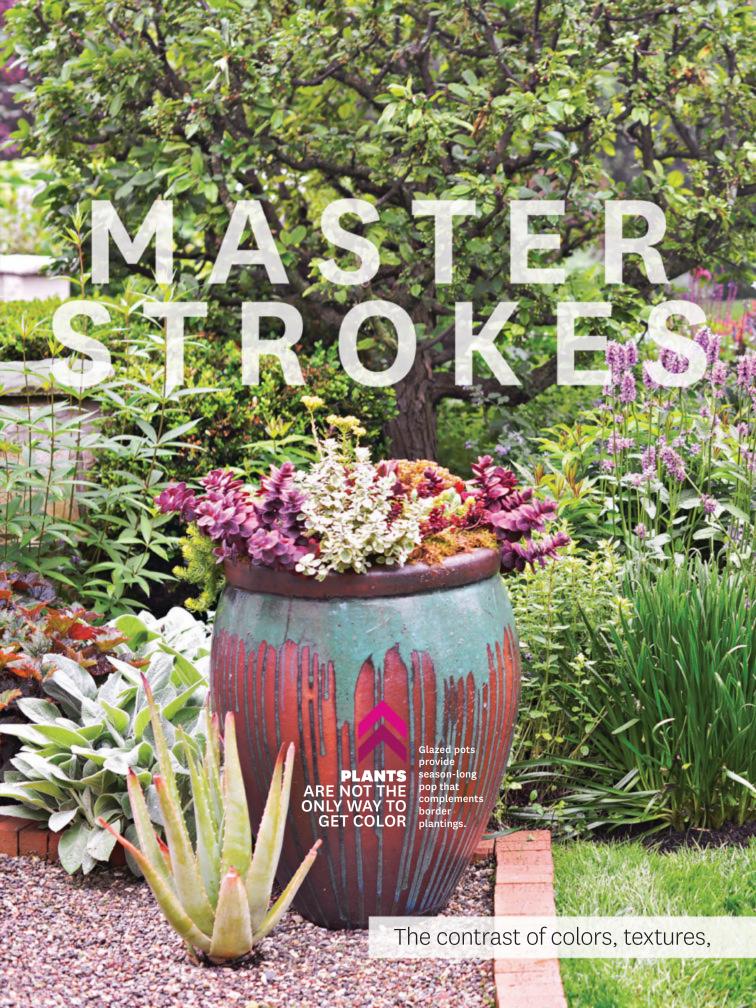














and shapes turns these garden borders into works of art.









GROW A BACKGROUND

Arborvitae hedges, opposite, surround the garden, acting as green foils that help the flower colors pop. "I think of them like the drapes that flank a set in a theater," Kim says. "They provide depth," especially the way she plants them: in sections, staggered and angled like so many panels, rather than a flat, featureless screen.

USE PLANTS EN MASSE

Massing plants creates blocks of color and texture that get noticed even in a large border, where a single plant might disappear. Planting in blocks is especially important when plants are small or finely textured, like the delicate golden lady's mantle in this border.

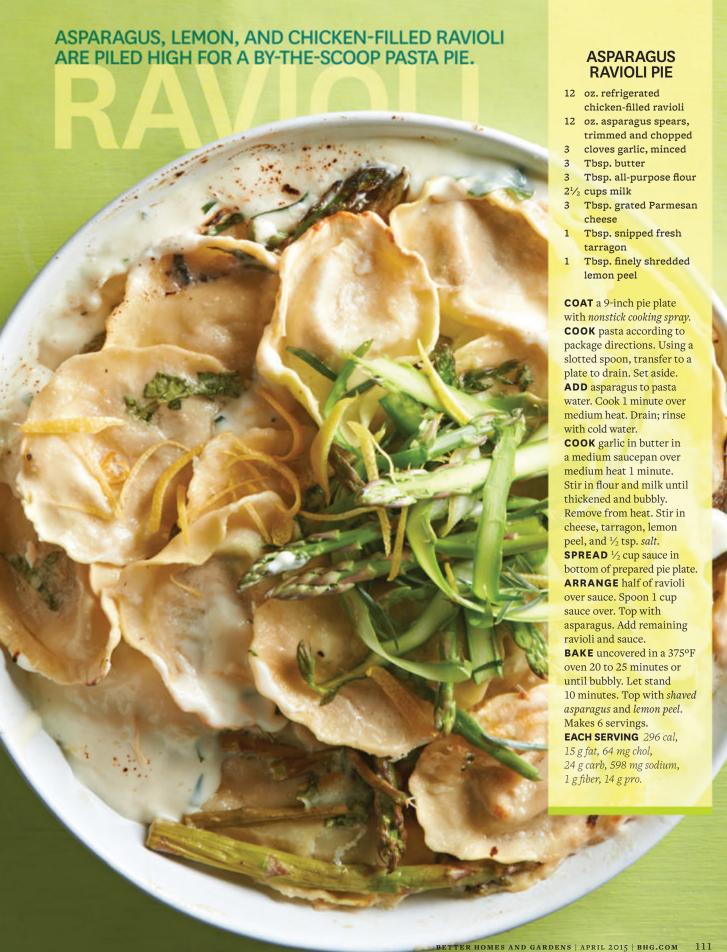
THINK YEAR-ROUND

Shrubs like evergreen arborvitae and purple smokebush keep the garden interesting 12 months a year. "When snow hits, they're very graphic and cool," Kim says. ■

For complete buying information: BHG.com/Resources

EGGS AND BACON BUCATINI NEST Recipe on page 119 pastas It has a new attitude. With pumped-up flavors and fresh techniques, this is pasta to put a little spring in your step.

RECIPES AND TEXT BY HALL RAMDENE | PHOTOS ANDY LYONS
PRODUCED BY NANCY WALL HOPKINS | FOOD STYLING JILL LUST AND GREG LUNA









BAGEL & LOX RIGATONI SALAD

- oz. rigatoni pasta
- oz. green beans, trimmed and halved
- 1 bagel, cut into pieces
- cup white balsamic vinegar
- 1 tsp. Dijon mustard
- 3/4 cup olive oil
- 1 red onion, finely chopped
- 1/4 cup drained capers
- 2 cups chopped romaine lettuce
- 8 oz. bite-size fresh mozzarella balls
- 6 to 8 oz. sliced smoked salmon (lox), chopped

cook pasta according to package directions, adding green beans the last 5 minutes. Drain; rinse with cold water.

TOSS bagel pieces with
1 Tbsp. olive oil. Transfer to a
baking pan.
BAKE in a 400°F oven

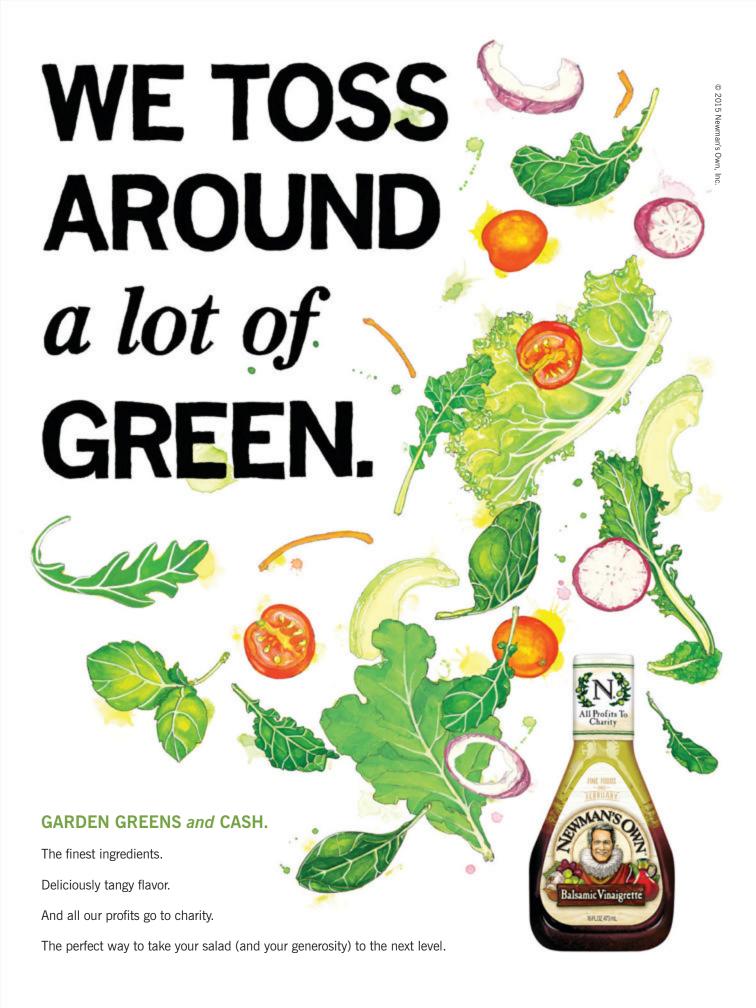
8 minutes, stirring once.
Remove and cool. Set aside.
WHISK vinegar, mustard,
and ¼ tsp. kosher salt in
a saucepan. Whisk in the
¾ cup olive oil. Heat over
medium heat until just warm,
whisking constantly. Remove.
Stir in onion and capers.

PLACE pasta mixture, lettuce, mozzarella, salmon, and bagel pieces in a large bowl. ADD vinegar mixture; gently toss to combine. Top with cracked black pepper. Makes 6 servings.

EACH SERVING 622 cal, 38 g fat, 33 mg chol, 49 g carb, 1,019 mg sodium, 3 g fiber, 19 g pro.









hummuolipa

We start with simple ingredients like 100% whole grain wheat. Then we added parsley, Mediterranean olives and fresh hummus. Where you take your Triscuit is entirely up to you.

Triscuit madeformore

pinterest.com/triscuit



EGGS AND BACON BUCATINI NEST

- 8 oz. bucatini pasta
- 8 slices bacon, halved and sliced lengthwise
- 2 Tbsp. olive oil
- 2 cloves garlic, smashed
- 7 eggs
- 3/4 cup white cheddar cheese, shredded

COOK pasta according to package directions. Drain. **GREASE** six 10-oz. ramekins or custard cups. Set aside.

COOK bacon until lightly brown. Drain.

HEAT olive oil and garlic in a skillet over low heat about 2 minutes or until fragrant. Remove and discard garlic. **WHISK** together olive oil, 1 egg, ½ tsp. kosher salt and ½ tsp. cracked black pepper.

ADD pasta and bacon; toss until coated.

TWIRL 1 cup pasta-bacon mixture using a fork; place in a ramekin. Create an indent in the center of each twirled nest. Repeat. Bake 5 minutes in 400°F oven.

DIVIDE cheese among ramekins. Crack 1 egg into center of each ramekin. Return to oven.

BAKE 25 minutes more until egg yolks are set and egg whites are firm. Let stand 2 minutes. Remove from ramekins. Top with parsley. Makes 6 servings. EACH SERVING 373 cal, 19 g fat, 242 mg chol, 29 g carb, 465 mg sodium,

1 g fiber, 20 g pro. ■

BETTER HOMES AND GARDENS | APRIL 2015 | BHG.COM









Made with 100% Arabica beans and expertly roasted for a rich, smooth flavor in six aromatic blends. Now available where you buy groceries.

McCafe.

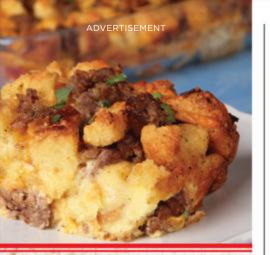


scones

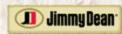
Dress them up for brunch or dip them in your afternoon tea—we share four delicious takes and our best tips for perfecting these humble pastries.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS FOOD STYLING JILL LUST

LAVENDER-HONEY SCONES Recipe on page 122



MAKE - BRUNCH BETTER



SAUSAGE BRUNCH CASSEROLE

INGREDIENTS:

1 pkg. Jimmy Dean® Premium Pork Regular Roll Sausage

6 eggs

2 cups milk

1 tablespoon Dijon mustard

2 pkgs. (5 ounces each) seasoned

croutons (about 6 cups)

2 cups (8 ounces) shredded sharp cheddar cheese, divided

DIRECTIONS:

- 1. **PREHEAT** oven to 350°F. Cook sausage in large skillet over MEDIUM-HIGH heat 8-10 minutes or until thoroughly cooked, stirring frequently; drain.
- 2. **BEAT** eggs, milk and mustard in large bowl with a wire whisk until well blended. Add bread cubes; stir gently until evenly coated. Stir in sausage and 1-½ cups cheese.
- POUR into lightly greased 13x9inch baking dish; sprinkle with remaining cheese.
- BAKE 40-45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting into 12 squares to serve.

FOR MORE GREAT RECIPES VISIT
JIMMYDEAN.COM

food | home cooking

The perfect scone is light, flaky, tender, slightly sweet, and best eaten warm right out of the oven.



MAKE A WELL The biggest fail when making scones is overmixing. That's where the well helps. When you pour the cream mixture in the center—as opposed to all over—it's quicker to stir together the liquid and dry ingredients.



STIR LIGHTLY A fork works best for cutting through the wet and dry ingredients. A spoon or spatula tends to create clumps as you stir. Combine until just moistened and a few dry spots remain. You don't want to overmix.



KNEAD GENTLY A light touch is key. Unlike yeast breads, which call for several minutes of kneading to develop gluten, knead scone dough just until it holds together. Overkneading creates a tough crust and a flat scone.

Lavender-Honey Scones

Dried lavender buds steeped in warm cream impart a delightful floral quality without overpowering. Let the cream cool completely before adding it to the flour mixture to keep it from melting the cut-in butter.

PREP 20 min. CHILL 30 min.

BAKE 13 min.

- 3/4 cup whipping cream
- 2 Tbsp. honey
- 1 Tbsp. dried lavender buds
- $2\frac{1}{2}$ cups all-purpose flour
- 1 Tbsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 6 Tbsp. butter
- 1 egg, lightly beaten
- 1. Preheat oven to 400°F. In a small saucepan combine whipping cream, honey, and lavender. Warm over medium heat until mixture begins to steam, about 10 minutes. Chill about 30 minutes or until cooled completely.
- 2. Meanwhile, in a large bowl combine flour, baking powder, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of flour mixture; set aside.
- **3.** Whisk egg into cooled cream mixture. Add egg mixture all at once to flour mixture. Using a fork, stir just until moistened.
- 4. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing it for 10 to 12 strokes or until dough is nearly smooth. Pat dough into a 10×4-inch rectangle. Cut in half lengthwise and in sixths crosswise to make 12 rectangles.
- **5.** Place rectangles 2 inches apart on an ungreased baking sheet. Brush rectangles with additional *whipping cream*. Bake 13 to 15 minutes or until golden brown. Remove scones from baking sheet. Drizzle with additional *honey*, if desired. Serve warm. Makes 12 scones.

EACH SCONE 224 cal, 13 g fat, 55 mg chol, 181 mg sodium, 24 g carb, 1 g fiber, 4 g pro.



TASTE SO BIG

WE HAD TO

MAKE THEM SMALL



INGREDIENTS:

1 pkg. Jimmy Dean Regular Flavor Pork Sausage Roll

1 cup fresh chopped mushrooms 1/2 cup chopped green bell pepper 10 eggs

1/4 cup milk

1/4 teaspoon ground black pepper 1 cup (4 ounces) shredded cheddar cheese

1/2 cup sliced green onions

DIRECTIONS:

- PREHEAT oven to 350°F. Cook sausage, mushrooms and bell pepper in large skillet over medium-high heat 8-10 min. or until sausage is thoroughly cooked, stirring frequently; drain.
- BEAT eggs, milk and black pepper in large bowl with wire whisk until well blended. Stir in sausage mixture, cheese and green onion. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
- BAKE 18-22 min, or until toothpick inserted in center comes out clean. Let stand 5 min, before serving.

PREP TIME: 15 min.

BAKE TIME: 22 min.

COOK'S TIP: Use parchment paper for cupcake liners.

TRY OUR HEARTY SAUSAGE MINI QUICHE - IF ANYONE ASKS, WE WON'T MIND IF YOU CALL IT YOUR OWN.

JIMMYDEAN.COM

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Save one for the Easter bunny. If you can.



------Philadelphia® Easter Mini Cheesecakes

Prep Time: 20 min. | Total Time: 3 hrs. 20 min. incl. refrigeration | Makes: 18 servings

- 1 cup graham cracker crumbs
- 3/4 cup plus 2 Tbsp. sugar, divided
 - 3 Tbsp. butter, melted
 - 3 pkg. Philadelphia® Cream Cheese (8 oz. each), softened
- 1 tsp. vanilla
- **3** eggs
- 1 cup plus 2 Tbsp. coconut
- 54 speckled chocolate eggs

HEAT oven to 325°F.

MIX graham crumbs, 2 Tbsp. sugar and butter; press into the bottoms of 18 paper lined muffin cups.

BEAT cream cheese, vanilla and remaining sugar with mixer until smooth.

ADD eggs, 1 at a time, mixing on low speed after each just until blended. Spoon over crusts.

BAKE 25 to 30 minutes or until centers are almost set. Cool completely. Refrigerate for 2 hours.

TOP each cheesecake with 1 Tbsp. toasted coconut shaped into a nest. Fill each nest with 3 speckled chocolate eggs.



Made with fresh milk, real cream and no preservatives.



BURSTING WITH FLAVOR

Roasting grapes caramelizes their sugars—they're like raisins that are fresher, juicier, and bursting with savory sweetness. We love them paired with rosemary, but thyme or basil would be equally yummy.

Roasted Grape and Rosemary Scones

PREP 25 min. BAKE 13 min.

- 11/2 cups seedless green grapes
- 21/2 cups all-purpose flour
- 2 Tbsp. sugar
- 1 Tbsp. baking powder
- 1/4 tsp. salt
- 6 Tbsp. butter
- 1 egg, lightly beaten
- 1 8-oz. carton crème fraîche
- 1/4 cup whipping cream
- 1 Tbsp. chopped fresh rosemary
- **1.** Preheat oven to 400°F. Place grapes on an ungreased baking sheet. Roast 20 to 25 minutes or until browned and starting to burst; set aside.

- 2. In a large bowl combine flour, sugar, baking powder, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in center of flour mixture: set aside.
- **3.** In a medium bowl combine egg, crème fraîche, and whipping cream. Add egg mixture all at once to flour mixture. Sprinkle with roasted grapes and rosemary. Using a fork, stir just until moistened.
- **4.** Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing it for 10 to 12 strokes or until dough is nearly smooth. Pat dough into a 10×4-inch rectangle. Cut in half lengthwise and in sixths crosswise to make 12 rectangles.
- **5.** Place rectangles 2 inches apart on an ungreased baking sheet. Brush rectangles with additional *whipping cream*. Bake 13 to 15 minutes or until golden brown. Remove scones from baking sheet. Serve warm. Makes 12 scones.

EACH SCONE 267 cal, 17 g fat, 68 mg chol, 232 mg sodium, 26 g carb, 1 g fiber, 4 g pro.





Soft, chewy cookie on the outside. Crazy, delicious fudge on the inside. Booyah.

food | home cooking

begs to be dunked in a cup of coffee.

Toasted Coconut and Chocolate Chip Scones

PREP 20 min. BAKE 13 min.

- cup shredded unsweetened coconut
- 21/4 cups all-purpose flour
- Tbsp. sugar
- Tbsp. baking powder
- tsp. salt
- Tbsp. cold butter
- egg, lightly beaten
- cup whipping cream
- cup semisweet chocolate pieces
- 1. Preheat oven to 400°F. Spread coconut on a baking sheet; bake 5 to 7 minutes or until golden brown, stirring once. Cool slightly. Transfer to a food processor. Process until finely ground; set aside.
- 2. In a large bowl combine flour, sugar, baking powder, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture; set aside.
- 3. In a medium bowl combine egg and whipping cream. Add egg mixture all at once to flour mixture. Add toasted coconut and chocolate pieces. Using a fork, stir just until moistened.





A SWEET NEW EASTER TRADITION.

BRIGHTEN YOUR HOLIDAY WITH THE 100% RICH FLAVOR OF MCCORMICK".

McCormick Cinnamon Caramel Swirl Bars

11/2 cups flour

2 tsp. baking powder

2 tsp. McCormick Ground Cinnamon 1/4 tsp. salt

11/2 cups firmly packed brown sugar 1/2 cup (1 stick) butter, melted 2 eags

1 tbsp. McCormick Pure Vanilla Extract

1 cup coarsely chopped pecans 1 pkg. (14 oz.) caramels, unwrappe

1 pkg. (14 oz.) caramels, unwrapped 1/4 cup milk MIX flour, baking powder, cinnamon and salt. Set aside. Mix brown sugar, butter, eggs, vanille and pecans in large bowl until well blended. Add flour mixture; mix well. Reserve 1 cup of the batter. Spread remaining batter into lightly greased foil-lined 13x9-inch baking pan. Bake in preheated 350°F oven 15 minutes or until firm.

MICROWAVE carernels and milk in microwavable bowl on HIGH 2 to 3 minutes or until caramels are completely meited, stirring after every minute. Cool 5 minutes or until slightly thickened. Pour over baked layer in pan, spreading to within 1/2 inch of edges. Drop reserved 1 cup batter by spoonfuls over caramel layer. Cut through batter with knife several times for marble effect.

BAKE 15 to 20 minutes longer or until center is set. Cool in pan on wire rack. Lift from pan. Cut into bars.

Makes 24 servings.





Healthy, fast, and fresh solutions for dinner tonight.



With its nutty flavor and chewy texture, farro is a sturdy companion for hearty greens like kale and chard in this vegetarian-friendly salad.

♥Pin it! BHG.com/Farro

WHAT YOU NEED

- 1 cup uncooked farro
- 1 15- to 16-oz. can chickpeas (garbanzo beans)
- 2 cups loosely packed fresh hearty greens (such as mustard, chard, or kale), coarsely chopped
- 1 cup grape tomatoes, halved
- 1/4 cup extra-virgin olive oil
- 2 Tbsp. lemon juice
- 1 clove garlic, minced
- 4 oz. feta cheese, crumbled

- 1. Cook farro according to package directions. Place chickpeas in a colander. Drain farro over chickpeas; rinse with cold water. Drain well.
- 2. In a bowl combine farro-chickpea mixture with greens, tomatoes, oil, lemon juice, and garlic. Top with cheese. Season to taste with salt and pepper. Makes 4 servings. EACH SERVING 461 cal, 21 g fat, 25 mg chol, 419 mg sodium, 51 g carb, 8 g fiber, 16 g pro.

SO, WHAT'S

Enter up to four on-hand ingredients and access 1,000s of recipes. BHG.com/DinnerNow

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SausageSupperShowdown.com and vote for your chance to win!

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NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.) 18 YEARS AND OLDER. VOID WHERE PROHIBITED. Sweepstakes ends 4/26/15. For Official Rules, prize descriptions and odds disclosure, visit http://www.sausagesuppershowdown.com. Sponsor: Meredith Corporation, 1716 Locust Street Des Moines, IA 50309.



WHAT YOU NEED

- 2 tsp. ground cumin
- 2 tsp. chili powder
- ½ tsp. garlic powder
- 1 1-lb. pork tenderloin
- 2 Tbsp. canola oil
- 1 lb. tiny yellow new potatoes, cut into 1-inch chunks

Minted Yogurt

- 1 cup plain Greek yogurt
- ½ cup chopped cucumber
- ½ cup chopped fresh mint
- 1 tsp. shredded lemon peel
- 1 tsp. fresh lemon juice
- 1. Preheat oven to 425°F. Line a shallow baking pan with foil; set aside. In a small bowl combine cumin, chili powder, 1 tsp. salt, and garlic powder. Set aside 1 tsp. of the spice mixture. Place pork tenderloin on prepared baking pan. Brush pork with 1 Tbsp. of the oil. Rub pork with remaining spice mixture. Arrange potatoes around pork. Drizzle potatoes with remaining 1 Tbsp. oil and sprinkle with reserved 1 tsp. spice mixture; toss to coat. Roast 25 to 30 minutes or until pork is done (145°F) and potatoes are tender. Cover; let stand 3 minutes.
- 2. Meanwhile, for Minted Yogurt, in a small bowl stir together yogurt, cucumber, mint, lemon peel, and juice. Season to taste with *salt* and *black pepper*. Serve with sliced pork and potatoes. Makes 4 servings.

EACH SERVING 321 cal, 11 g fat, 77 mg chol, 736 mg sodium, 23 g carb, 4 g fiber, 32 g pro.



Sausage CHICKEN ALFREDO READY IN: 1+10UR 15 minutes

1 pkg. Hillshire Farm Smoked Sausage

- 5 chicken breast balyns, cubed 2 theps: butter, divided 2 cloves garlie, minced, divided 2 theps: chopped flat-leaf percley 1 1/2 tsps. Italian seasoning
- 1-1/2 tsps. Italian seasoning 1/2-enion, diced

1 1/2 teps. solt

- 1/2 tsp. ground white pepper
- 8 oz. pasta, cooked, drained 2 cups heavy cream
- 2 tsp. Cajun seasoning 1/2 cup grated Parmesan
- 1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

- 2. Cook chicken in butter, season with salt, white pepper and Italian season-ing in a large skillet over medium-high heat until chicken is no longer pink.

 Stir in onion and parsley, cook until colons are transparent.
- 3. Add garlio cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.





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The Art of Entertaining $^{\text{m}}$

food | weeknight delicious

This stovetop version of tuna noodle casserole gets a lighter touch with a spritz of lemon and a generous addition of seasonal fresh peas (frozen peas work great, too).





WHAT YOU NEED

- 6 oz. wide egg noodles
- 11/2 cups fresh or frozen peas
- 3 Tbsp. butter
- 1 small red onion, quartered and sliced
- 2 cloves garlic, minced
- 1/4 tsp. freshly ground black pepper
- 2 Tbsp. all-purpose flour
- $1\frac{1}{4}$ cups milk
- 5-oz. can solid white tuna, drained and broken in chunks
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 Tbsp. fresh lemon juice

- 1. Cook noodles according to package directions, adding peas the last 2 minutes of cooking. Drain; return to pan.
- 2. Meanwhile, in a medium saucepan melt butter. Add onion, garlic, and black pepper; cook and stir over medium heat about 3 minutes or until onion is just tender. Stir in flour until blended. Add milk all at once. Cook and stir until thickened and bubbly. Remove from heat. Add tuna and $\frac{1}{4}$ cup of the cheese.
- **3.** Pour tuna mixture over noodles and peas in pan. Toss gently to combine. Add additional *milk*, 1 Tbsp. at a time, until desired consistency. Season to taste with *salt*. Drizzle with lemon juice. Sprinkle with remaining cheese. Makes 4 servings. EACH SERVING 438 cal, 16 g fat, 89 mg chol, 614 mg sodium, 48 g carb, 4 g fiber, 25 g pro.







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30 MINUTES OR LESS is all it takes to whip up healthy weeknight meals that don't skimp on flavor.



The spiciest part of a pepper isn't the seeds but the membrane they're attached to. Start with 1 pepper and taste. You can always add heat, but you can't take it away.

Pin it! BHG.com/ChickenSausage

WHAT YOU NEED

- 1/2 cup finely chopped fresh pineapple
- jalapeño pepper, seeded and finely chopped
- 2 Tbsp. finely chopped red onion
- 1 tsp. grated fresh ginger
- 1 tsp. cider vinegar
- 4 cooked chicken apple sausage links
- 4 hot dog buns, split and toasted
- **1.** In a small bowl combine pineapple, jalapeño, onion, ginger, and vinegar; set aside.
- **2.** Grill sausage on a grill rack or in a grill pan over medium-low heat 7 to 9 minutes or until heated through.
- **3.** Serve sausage in buns. Top with relish. Makes 4 servings. EACH SERVING 293 cal, 9 g fat,

EACH SERVING 293 cal, 9 g fat, 60 mg chol, 696 mg sodium, 35 g carb, 1 g fiber, 18 g pro. ■

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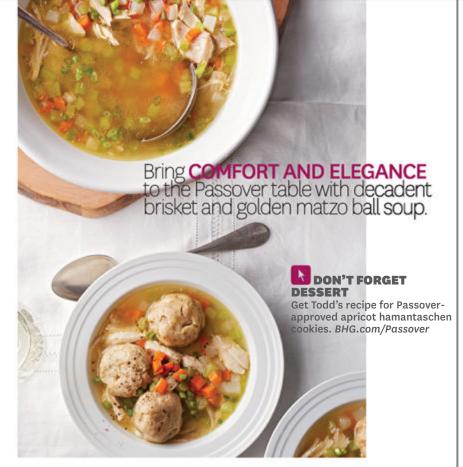
Todd's Modern Day Brisket

PREP 45 min. BAKE 3 hr. REFRIGERATE Overnight

- 1 Tbsp. smoked paprika
- 1 Tbsp. mustard seed
- 1 3-lb. beef brisket, trimmed
- 2 Tbsp. canola oil
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 3 garlic cloves, crushed
- 1 carrot, chopped
- 2 celery ribs, chopped
- 1 small onion, chopped
- 4 cups veal or beef stock
- 2 cups dry red wine (such as Cabernet Sauvignon)
- ½ cup balsamic vinegar
- 1. Preheat oven to 325°F. Combine 1 Tbsp. salt, paprika, mustard seed, and 1 tsp. black pepper in a small bowl. Rub over brisket. In a large skillet heat oil over medium-high heat. Add brisket; brown on both sides, turning once, about 5 minutes per side.

 2. Transfer brisket to a large baking dish. Add rosemary, thyme, and garlic. Add vegetables; pour in stock, wine, and vinegar. Cover with heavy-duty aluminum foil; bake until brisket is fork-tender, 3 to 4 hours. Transfer brisket to a plate. Strain liquid through a mesh strainer into a small saucepan (discard herbs, vegetables, and garlic). Rinse and dry baking dish.
- 3. Return brisket to baking dish. Place another heavy dish on top, directly on meat (to make it about 2½ lb., add canned goods to top dish). Wrap entire assemblage in foil (over weights and all); refrigerate overnight and until shortly before ready to serve.
- **4.** Meanwhile, for sauce, heat strained braising liquid over medium heat until reduced to about 2½ cups, 20 to 45 minutes (should have a glazelike consistency). Season to taste. Refrigerate.
- **5.** Remove brisket from refrigerator. Transfer to a cutting board. Remove sauce. Cut brisket into 3-inch cubes. (Cubes don't need to be exactly this size or perfect along the edges.) Place brisket in 4-qt. deep baking dish in a single layer. Pour enough sauce over to just cover meat (add a little stock or water if needed). Heat on low heat until warmed through, about 10 minutes. Spoon brisket onto a serving platter. Pour sauce over. Top with *parsley*. Makes 6 to 8 servings.

EACH SERVING 431 cal, 13 g fat, 147 mg chol, 1,659 mg sodium, 7 g carb, 0 g fiber, 52 g pro.



Matzo Ball Soup

Todd often serves this soup with kosher pappardelle noodles for the Passover menu at Equinox.

PREP 1 hr. COOK 1 hr., 30 min.

- 3 large eggs
- 2 Tbsp. unsalted butter, melted
- 1/4 cup club soda
- 1 cup matzo meal
- ½ cup chopped Caramelized Onions (below right)
- 1 3-lb. whole chicken
- 1 large yellow onion, chopped
- 2 celery ribs, chopped
- 2 small carrots, chopped
- 1 medium turnip, peeled and chopped
- 3 garlic cloves, crushed
- 1/2 cup snipped flat leaf parsley
- 1 bay leaf
- 2 Tbsp. snipped fresh thyme
- 12 black peppercorns
- 1. For matzo balls whisk together eggs and butter in a large bowl. Whisk in club soda and then matzo meal, caramelized onions, 1 tsp. salt, and $\frac{1}{8}$ tsp. pepper. As mixture thickens, tap excess batter from whisk. Switch to a wooden spoon; finish mixing. Cover. Refrigerate 1 hour.
- **2.** Meanwhile, for soup, wash chicken. Cut into eight pieces. Place in a large stockpot; add onion, celery, carrots, turnip, garlic, parsley, bay leaf, thyme, peppercorns, and

1 Tbsp. salt. Add water to cover chicken. Bring to a simmer over high heat. Reduce to medium-low; simmer $1\frac{1}{2}$ hours.

3. About an hour before serving, bring a

- large pot of lightly salted water to boiling. Spoon two or three ladles of soup into the pot of water for added flavor. Shape matzo dough into balls about 1½ inches in diameter, rolling them between your palms (moisten your hands with water first). Add matzo balls to boiling water. Cover pot. Simmer until cooked, 30 to 40 minutes. Use a slotted spoon to transfer matzo balls to a paper towel-lined plate to drain; keep warm.
- 4. Transfer chicken to a cutting board. Let cool. Pour broth through a sieve into a bowl and discard the vegetables, if desired. Return broth and vegetables (optional) to pot. Keep warm. Pull meat into bite-size pieces, shredding with your hands; return to pot. Return matzo balls to pot.

5. Garnish soup with green onions and

cracked black pepper. Makes 6 to 8 servings. Caramelized Onions Thinly slice 2 medium onions (3 cups). Heat ¼ cup canola oil in a medium sauté pan over medium heat. Stir in onions and ¼ tsp. salt; cook 4 minutes. Reduce to low; cook and

stir onions until amber in color, 20 to 30 minutes. Drain in a colander. Makes about 2 cups. Refrigerate up to 4 days.

EACH SERVING 608 cal, 38 g fat, 218 mg chol,

1,813 mg sodium, 30 g carb, 4 g fiber, 36 g pro. ■





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THE BREAK*FAST* BAR



THUMBS UP

If you grow only one herb, make it rosemary. Versatile and hardy, it thrives indoors or out. It tastes great (scones, anyone? page 121), has health benefits (it's packed with antioxidants), and even makes skin glow (mix up a DIY body scrub, below).

PHOTO: KATHRYN GAMBLE; STYLING: LINDSAY BERGER; HAIR AND MAKEUP: JILL WITTE

ROSEMARY LEMON SALT SCRUB from Sweet Lily Natural Nail Spa & Boutique in New York Combine ½ cup coarse sea salt, ½ cup extra-light olive oil, 1 tsp. lemon zest, and 2 sprigs fresh rosemary, chopped and crushed.

Smart strategies for a happy, healthy life

health showdown

Is it better to have frozen pizza or get takeout?

Head for the freezer. The catch: You've got to stay stocked with healthy pizza options so you can keep tabs on what—and how much—you're eating, says Bonnie Taub-Dix, R.D.N., author of *Read It Before You Eat It.* Look for pies with whole-wheat crust that contain one or two servings. (Kashi and Amy's have good picks.) That way, you won't be tempted to eat too much, as you might with a delivery pizza. And if you can scrounge up the makings for a side salad, that'll help you feel full and even more satisfied.



pretty healthy

Fresh eyes

Too much salty food or not enough sleep can puff up your peepers. Deflate in three easy steps.

- 1. Hydrate With fruit extract and collagen, these cooling eye patches firm skin and smooth lines.
 Eyeko Hydrogel Eye Patches, \$18 for four sets of two; eyeko.com
- 2. Brighten Illuminating particles perk up and prep skin for makeup while the cooling tip depuffs. Benefit Puff Off! Eye Gel, \$29; benefitcosmetics.com
- 3. Conceal Cover-ups with heavy moisturizers can worsen puffiness. Urban Decay's concealer camouflages without bringing on bags. Naked Skin Weightless Concealer, \$28; urbandecay.com





family time

Healing with horses

When Sherry Boykin's g-year-old daughter, Katherine ("Kaki"), saw a poster calling for volunteers to help care for horses, her face lit up.
"Kaki's a huge animal lover," Sherry says. The very next day, she signed herself and Kaki up to volunteer at Marley's Mission, a nonprofit that offers free horse-based therapy to abused children. "It was only after our first time at the stables that I fully realized the important work this organization is doing," recalls Sherry, a professional speaker who lives in Clarks Summit, Pennsylvania.

Once a week, the mother-daughter team cleans out stalls, fills feedbags, and brushes the horses. Not long after they started, Sherry noticed positive changes in Kaki. "Horses mimic your mood and go where you guide them. Once Kaki learned how to handle them, she started acting like a leader around humans, too," Sherry explains. "Instead of just bossing friends around, she'll say things like, "What if we try it this way?"

Kaki isn't the only one who's benefitted from the experience. "Unlike Kaki, I suffered trauma as a child," Sherry says. "I didn't receive aid from a place like Marley's, but knowing I'm helping kids get the help I desperately needed at their age has been extremely healing."

—Camille Noe Pagán



snack we love

Happy trails

Fruit-nut-granola mixes can rack up the calories and fat, but thanks to built-in portion control, GoPicnic's combos have just 100 calories (or less) per pack. Choose from five sweet-salty combos like the Baja Blend (habanero almonds, cranberries, peanuts) or Cashew Medley (cashews, cranberries, raisins, and Greek yogurt chips).
\$1 each; gopicnic.com

A healthier way to...

Go for a run

It's one of the best calorie-burners around, torching at least 350 in a half-hour, but jogging can also lead to injury if you're not careful. Follow these smart steps from Jason Karp, Ph.D., coauthor of *Running for Women* and owner of Run-Fit in San Diego.

WEAR THE RIGHT SNEAKERS Your safest move is to wear shoes specifically for running, and have your stride analyzed at an athletic or running store. Different shoes are designed for various strides. For example, people who roll their feet inward too much when they land—called overpronation—need extra support to help stabilize their feet.

START SMALL Trying to run too far or fast can tax your body. On your first few workouts, alternate between walking for three minutes and running for one; then gradually work your way up to jogging for longer periods.

SAVE STRETCHES FOR LAST Muscles stretch safely and more effectively when they're already warm. Get your workout started with five minutes of walking or light jogging, and stretch after you cool down. —*Sharon Liao*



fit tools

All tied up

Keep sweaty strands off your face with these fun and functional headbands and hair ties.



Flexx Hair Ties Made from durable, no-pull neoprene in five colors, they'll match any outfit. \$8 for a three-pack; emi-jay.com



Two Strand Headband Soft and stretchy, two straps give this band staying power. \$14; athleta.com



The Duelette Equal parts ponytail holder and bracelet (sterling silver). \$15 each; *chillyjilly.com* — *Karen Asp*

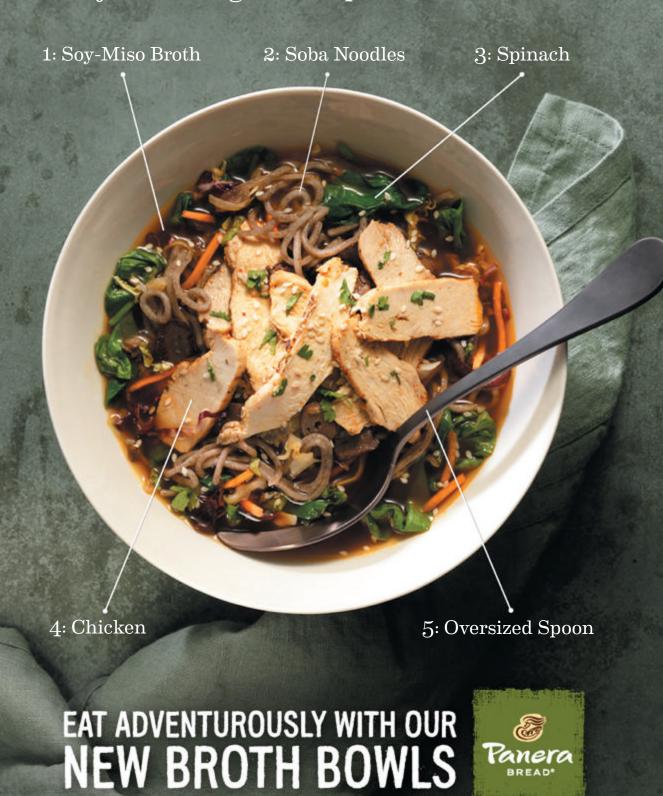
help yourself

Habit formation

We are totally comfortable calling Gretchen Rubin's new book, Better Than Before: Mastering the Habits of Our Everyday Lives (\$26; Crown), life-changing. If you're looking for better sleep, exercise, eating, and organizing habits (who isn't?), read the book, check out her site (gretchenrubin.com), and remember these key points:

- KNOW THYSELF You can't change your habits if you try to change your identity. Use a strategy that works for your personality.
- 2. EVERYTHING COUNTS That skipped workout you were too busy for, the dessert you ate to be polite: By spotting our justifications and excuses, we can change more effectively.
- 3. IT'S AN ONGOING EFFORT Ideally, you want to be in that automatic brush-your-teeth zone. But some habits will always require a bit of self-command or willpower. —Katherine Pushkar

fig 1: Soba Noodle Bowl with Chicken An exotic blend of ingredients just waiting to be explored.



Dishwasher-

safe plastics, cooking utensils with long handles, and sponges to sanitize go on the top rack.

DO ONE Toad the dishwasher

BY CAROLINE HWANG

RACK 'EM RIGHT

Face dishes toward the center so water reaches dirty surfaces.

MIX'N' MATCH

To avoid nesting, mix forks, spoons, and knives in the same bin.



SPACE CASE

Use the prongs as guides and place glasses between (not on top of) them.

BOTTOMS UP

Align large bowls, pots, and baking dishes along the sides of the lower rack; they won't block the spray.



DONNA SMALLIN KUPER author of Cleaning Plain & Simple

To rinse or not to rinse? In most cases, the answer is "to rinse" because wayward food particles can clog the spray, Kuper says. The exception: if you're using one of the latest models with food disposals.

They like it hot To ensure that water is the right temperature to activate the detergent (120°F), let the hot water in the kitchen sink run for a minute before starting the dishwasher.

Open door policy Dishes need heat or air to dry thoroughly, so either use the "heated dry" option or open the dishwasher and roll out the racks after the wash cycle.



STATUS UPDATE

Rotate the magnet's dial to "clean" or "dirty" so the two shall never meet. Pick your favorite from 100 patterns and color combos. \$14.25; The Tulle Box at etsy.com



IN THE BASKET

Contain small or delicate dishwasher-safe items in a basket so they don't slip through the rack. Whirlpool Small Items Basket, \$9.99; homedepot.com



SCRUB SMART

Keep a sponge sink-side in case pots or pans need a pre-cycle scrub. This one comes with a handy stand so it doesn't linger damp in the sink. \$8.99; target.com ■



Nasacort is the #1 pharmacist recommended OTC nasal allergy spray**. It relieves your worst nasal allergy symptoms, even congestion, for 24 hours. Experience the difference for yourself.

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Bunny Treat



Ingredients



3 tbsp

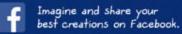


10 oz



6 cups





get crafty

cupcake nests

Talk about sweet nothings! Gather the kids and start the fun—these little cuties couldn't be any easier.

PRODUCED BY JODI LEVINE

TO MAKE

PHOTOS: BLAINE MOATS; FOOD STYLING: GREG LUNA

Jordan almonds, a foodcoloring pen, and shredded wheat cereal are the simple ingredients for these adorable cupcake toppers.

Eyes Draw 'em on with a food-coloring pen (find one in the cake decorating aisle). Nose Glue on an orange sprinkle with squeezable cookie icing (also from the

cake decorating aisle) or royal icing, and pop the chick into the center of an iced cupcake. Nest Break apart shredded wheat cereal pieces and



HOP TO IT

Follow our stepby-step tutorial to make this marshmallow bunny topper. BHG.com/Bunny



SWEET, SIMPLE FOOD CRAFTS

Check out Jodi Levine's Candy Aisle Crafts (Potter Craft, \$16.99) for more fun and easy projects.



10 best

all-ages trips

The whole crew can connect, build memories, and have a grand old time at these multigeneration destinations.

BY LARRY BLEIBERG
ILLUSTRATIONS BY SARA FRANKLIN



Explore New
Orleans What could be
cooler than riding streetcars,
exploring a swamp on a
pontoon boat, or taking
a ghost tour through a
cemetery? On the educational
front, there's an interactive
World War II museum. The
French Quarter's 1870 Banana
Courtyard bed-and-breakfast
even offers a grandparentgrandchild package.
followyourNOLA.com

2 Go gramping in Hocking Hills, OH

The Inn & Spa at Cedar Falls caters to a range of ages, and they call it "gramping."
Lodging can mean a room, cabin, or cottage at the Inn; the more adventurous can choose a nearby campground tent or parked RV. Paved hiking trails are great for young and old. innatcedarfalls.com

Raft Idaho's Salmon River All Row

Adventures five-day Family
Magic trips for travelers 5 to 85
include a special "river jester"
guide to tell stories, lead nature
games, and keep younger
floaters engaged during the
60-mile journey. Come evening,
the staff sets up tents with
meals for kids and wine and
hors d'oeuvres for adults.
rowadventures.com

Hike and see a show in Branson, MO

Family-friendly concerts and shows will entertain all ages, while the Ozark Mountains offer fishing, hiking, zip-lining, and parasailing. The Silver Dollar City theme park hits all the right notes with cooking classes, crafts shows, and roller coasters. explorebranson.com

5 Experience history in D.C. and Philadelphia

Dig into our collective roots and take a trip through both cities. Get good overviews by hitting highlights like the D.C. Memorials by Moonlight tour and following Benjamin Franklin's footsteps on a customized course through Philly. washingtonwalks.com, phillytour.com

Farm in Vermont

Ninth-generation farmers the Kennetts have opened their family farm, Liberty Hill, to your family. Spend days feeding animals, collecting eggs, helping deliver calves—or just hanging out in the 150-year-old farmhouse. The farm-fresh meals, featuring cheeses from nearby Cabot Creamery, are served family-style. *libertyhillfarm.com*

7 R & R at Club Med

It's an all-inclusive, chooseyour-own adventure at Florida's Sandpiper Resort. You can opt for tennis and golf lessons, and the kids can try out a trapeze and circus school, which culminates in a must-see end-of-week performance. clubmed.us

Wonder at nature in Yosemite Park

All ages will marvel at the tallest waterfalls in the United States and bond on day hikes through amazing forests. Nearby Tenaya Lodge resort offers a Grand Family Adventure Package that includes breakfast for two adults and kids, and a guided tour by daylight or flashlight. tenayalodge.com

Giddyap at Elkhorn Ranch, AZ At this 10,000-

acre property near Tucson, everyone can take horseback rides geared to their skill levels. The lodges and cabins let the family stay together, and you won't exactly be roughing it: Enjoy the heated pool, tennis courts, and workshops on photography, music, and art. elkhornranch.com

Find your passion as a Road Scholar

From snorkeling in the Galápagos to seeing Mount Rushmore, Road Scholar offers dozens of intergenerational learning and exploration trips around the world. More examples: Sailing through Washington's San Juan Islands to learn about marine biology or exploring the Old West in Colorado. roadscholar.org





When the story we're reading is taking too long, sometimes I just say, "The End."

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Good & Honest

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Plants ship bareroot or in 3-inch pots at the proper time for spring planting in your Zone, weather permitting. Recommended for Zones 5-7. Item MMo83188. Price for all 16 plants is \$99 plus shipping.

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Liatris Alba (six)

Coreopsis Moonbeam (three)





Phlox Blue Paradise (two)

Salvia May Night (two)





Echinacea PowWow Wild Berry (two)

Agastache Blue Fortune (one)



>> QUESTION

My child wants to stay home from school because he's not ready for his test—and it's half his grade. What should I do?

>> ANSWER

It might be tempting to let him crawl back under the covers, but going to school and taking the test will benefit him much more in the long run. The only way kids develop resilience, perseverance, and confidence is to work through difficult situations, even if that means experiencing negative consequences.

We can't—and shouldn't—shield our kids from mistakes. I have a motto: "It's not failure, it's data." Meaning: Every experience gives you information and insight that helps your decision-making process in future situations. By taking the test despite not feeling ready, your child will learn how he can better prep next time and figure out how to bounce back.

Once it's set that he's going to school, problem-solve the best way to handle the situation. Talk about how ready he really is, and keep in mind that stress can make anyone feel under-prepared. Brainstorm ways to calm pretest jitters, such as taking deep breaths or repeating a positive mantra like "I choose to do my best." Also come up with a future plan, such as setting a schedule to break up studying into smaller chunks so it feels more manageable. Before or after the test, your son might also want to let his teacher know that he didn't study as much as he'd like. This signals that your child is taking responsibility for his choices, and it helps him feel empowered to do things differently next time. ■



LOMBARDO, PH.D. Clinical psychologist and author of

Better Than Perfect Find her at elizabethlombardo.com.

MEDIA MATTERS

Kids & commitment

These stories that show kids handling tough situations encourage readers and viewers to persevere in their own lives.

The Contract by Derek Jeter with Paul Mantell

Inspired by his own childhood, ex-Yankee Jeter tells the story of a middleschooler who, despite obstacles, stays determined and meets his goals.

Free to Fall by Lauren Miller Sixteen-year-old Rory has to choose: follow the rules of success at her elite boarding school—or listen to her inner voice.

MOVIES & TV

Spellbound (G) Follow eight young contestants through the ups and downs of prepping for the 1999 National Spelling Bee.

Dawson's Creek The '90s teen drama offers thoughtful takes on the trials of high school life.



GOT A QUESTION?

Send us an e-mail: goodkid.project@meredith.com



what's ... making you



reasons allergies could be hitting you this year—and how to feel better fast.

BY BARBARA BRODY

one

YOU CAN DEVELOP ALLERGIES AT ANY AGE

Just because you never had them growing up doesn't mean you're off the hook. Symptoms can crop up in your 20s, 30s, 40s—pretty much at any point. Blame a combo of genes and environmental triggers, says Luz Fonacier, M.D., a professor of clinical medicine at SUNY Stony Brook University. You might have had the problem all along but didn't know—for example, you have a mold allergy but grew up in a dry climate. Or, because one allergy puts you at risk for others, you might have outgrown one sensitivity only to develop another.

Your first step is to figure out exactly what's triggering a reaction; seeing an allergist for a round of testing is the best way to do that. Skin tests—in which small amounts of allergens are applied topically to see whether you react—are most common, giving results in just 20 minutes. (Blood tests might be needed due to skin conditions or a severe allergy.)

Next, talk to the doc about what medications will work best for you. Most people find relief for itchy eyes, runny nose, congestion, and sneezing with an over-the-counter antihistamine pill or nasal spray, although you might have to kick it up to a prescription. Nasal steroid sprays (OTC and Rx), which reduce swelling in the nasal passages, tend to be more potent. And leukotriene inhibitors can help respiratory symptoms by easing inflammation in the airways. Often, it takes a bit of trial and error to find the right med—or combination—to really get relief.



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two

SEASONAL ALLERGIES CAN MAKE INDOOR ALLERGIES WORSE

Due to a phenomenon called priming, reactions can play off each other. Here's how it works: Say you're allergic to cats and ragweed. If the cat allergy is mild, you might be able to spend a brief amount of time with a friend's cat. But when ragweed season arrives, being around a cat could be intolerable, because your immune system has already been revved up by the ragweed. "Exposure to one allergen increases your overall sensitivity; it's synergistic," says Gerald Lee, M.D., chief of allergy and immunology at University of Louisville School of Medicine.

If you have multiple allergies, or a severe one, consider shots (aka immunotherapy), in which you're given the allergen in gradually increasing doses so that you eventually become desensitized and have a very mild reaction, or none at all.



MOLD CAN BE MORE OF A PROBLEM OUTDOORS THAN IN

By all means, keep up your cleaning regimen to tame household mold hot spots like shower curtains, bathtubs, tile, and garbage cans. But airborne mold spores (which are easily inhaled) are the bigger symptom triggers, and those levels tend to be higher outdoors, especially in late summer and fall, Lee says. Steer clear of moldy areas including freshcut grass, compost piles, and, of course, rotting branches and decaying leaves. As with other allergies,

As with other allergies, timing your meds right can make a huge difference. "If you take medication before you head into potentially damp and moldy territory—a hike in the woods, for example—it's possible not to have any symptoms,"

Lee says.



Both can give you that sniffy, sneezy, generally miserable feeling. So how can you tell the difference? A few clues:

PATTERN Do you tend to get a cold every fall and/or spring? Do your symptoms get worse when you change locations, or step outside or inside? All these signs point to allergies.

SYMPTOMS Cold and allergy symptoms are pretty similar with one noted exception: Colds don't usually make your nose and eyes itch.

DURATION "Most viral infections last about seven to ten days," Lee says. If you've been feeling lousy longer, allergies might be the culprit, or you could have a bacterial sinus infection. In either case, you'll need to see a doc for the right diagnosis and treatment.

BREATHE EASIER WHILE GARDENING

You don't have to give it up just because you have allergies.

WORK WHEN POLLEN COUNTS ARE

LOWEST Often, that's right after a rainfall, but check the pollen counts in your area at *pollen.aaaai.org*. And watch out for wind, says Marvin Pritts, Ph.D., chair of the horticulture department at Cornell University. "Dry, windy weather prompts plants to shed lots of pollen, so that's the worst time to be outside," he says.

GEAR UP A simple move like wearing a mask can decrease the amount of pollen and mold spores you inhale and help prevent a reaction. After you finish gardening, remember to change clothes (shower if you can) as soon as you come inside.

TAKE A SHOT The worst seasons for allergies—spring and fall—happen to be the best times to garden, so allergy shots might be the most effective way to truly enjoy growing your garden worry- and symptom-free.



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IF YOU HAVE HAY FEVER, CERTAIN FRUITS AND VEGETABLES CAN

CAUSE A REACTION You might not have a true food allergy if your mouth itches or swells when you eat certain produce. It could be a condition called oral allergy syndrome, a reaction that occurs because some plants, fruits, and vegetables have similar proteins. "People who have severe pollen sensitivity can end up with symptoms that mimic food reactions," Lee says. If you're very allergic to birch pollen, watch out for apples, almonds, carrots, celery, cherries, hazelnuts, kiwi, peaches, pears, and plums. Bad grass pollen allergies? Celery, melons, oranges, peaches, and tomatoes could be your troublemakers. And those with strong ragweed allergies might need to be careful with bananas, cucumbers, melons, sunflower seeds, and zucchini.

> The good news is that these reactions aren't generally dangerous, and they usually affect just your mouth. An antihistamine like Benadryl can tame localized discomfort, and cooking the problematic foods can also help. "Heat breaks down the proteins in the foods that trigger a reaction, so they're less potent," Lee says. While peaches might be problematic, peach pie could be a go!

> > To head off seasonal allergies, start taking meds one to two weeks before peak season hits.



DOES IT WORK?

Beyond the meds and shots: Docs weigh in on how anti-allergy products and natural treatments stack up.

NETI POTS Go for it. Rinsing your sinuses with a saltwater solution is an easy, effective way to flush out pollen and other allergens so they don't make their way into your respiratory system and stir up a reaction.

VACUUM CLEANERS WITH HEPA FILTERS

You bet. It's worth investing in a vacuum with this type of filter, so you can minimize the amount of debris that gets blown around the room while you're vacuuming, Lee says. Opt for one that uses bags; it'll keep more of the debris contained when you empty it.

AIR PURIFIERS It depends. "HEPA filters only get rid of particles that are light enough to linger in the air," Fonacier says. They tend to be most useful for catching pet dander. If outdoor allergens (ragweed, birch pollen, etc.) are your downfall, don't bother. Just keep your windows and doors closed and run the air conditioner.

NASAL BARRIER Maybe. Products that you apply to the inside of your nose (like Nasaleze, Sinubalm, HayMax) can trap allergens so they don't make it to your lungs. But in order for them to work, you'll need to reapply multiple times a day.

DUST MITE LAUNDRY ADDITIVES Yeah, but...

Even though these products probably do kill dust mites, so does simply washing bedding in hot water at least once a week. Dry cleaning does the job, too.

ALLERGEN-TRAPPING DOORMATS Not

so much. Antimicrobial-treated mats are said to trap or neutralize allergens at your entryway—but they probably don't make a difference. "Allergens aren't only on your feet, they're all over," Fonacier says. You're better off ditching your shoes at the door, and, if you've been outdoors for a while, changing your clothes.

BRING ON THE BLOOMS

SURPRISE! The more colorful and ornate the flower, the less likely it is to make you sniffle: Bright flowers pollinate by attracting insects, which then spread the pollen. Their pollen is usually on the flower or an insect. Plain-looking flowers simply release pollen into the air (and your nose), explains Marvin Pritts, Ph.D., chair of the horticulture department at Cornell University. He says these varieties, right, are friendlier to allergy sufferers. Just don't bring your nose in very close for a whiff! ■



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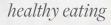
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life opens up with a healthier mouth









Get your crunch on with this slightly sweet and ultra satisfying root vegetable.

BY SARA REISTAD-LONG

ALL-STAR PLAYER

Jicama packs two major good-for-you punches. First, it plays a role in protecting against osteoporosis by helping your body absorb calcium from other foods. (Toss a little jicama with calcium-rich broccoli for a bonebuilding salad.) It also helps promote "good" bacteria growth in your digestive tract, which in turn can help strengthen your immunity.

SWEET!

A whole jicama will last up to two weeks in the fridge. The longer you keep it, the sweeter it gets.

SVELTE SNACK

At 49 calories and almost no fat per cup, jicama is a great addition to your produce rotation, no matter how you slice it. One cup has nearly a quarter of your daily fiber needs and 40 percent of your vitamin C.

Slice, dice & sauté

Jicama is often described as a cross between a pear and a potato, with one big exception: You can't eat the skin. It contains a poisonous compound, so be sure to peel before eating! Its mild flavor and crunchy texture make it ideal for: CRUDITÉS Jicama's porous texture easily soaks up flavor. Cut into sticks and sprinkle with lime juice and salt. Or simply serve with carrot, celery, and pepper slices for dipping.

salad Cut into cubes and mix with orange, pineapple, mango, and a few sprigs of mint. Or chop or julienne it, then add to coleslaw for extra crunch and texture. STIR-FRIES Jicama cooks quickly—but keeps its crunch—and pairs well with most vegetables, meat, and fish. Toss it into any stir-fry, or sauté with onion and peppers to add to fajitas or tacos. ■

FILL 'ER UP

Also known as a Mexican

yam, jicama is pronounced HIK-uh-muh or

HEEK-uh-muh.

Inulin, a type of fiber that has zero calories because your body doesn't metabolize it, gives jicama its star fiber status and sweetness. Research shows that foods with inulin can help protect against colon cancer.



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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

A LIVE-IN KITCHEN, pages 31–36 Interior designer: Leslie Hunt, Leslie L. Hunt Interior Design; *Ilhinteriors.com*. Home-automation systems—Gizmo Custom systems; *gizmo-la.com*.

LOOK ALIVE! pages 40-42

Color experts: Nancy Evars and Dimitra Anderson, Evars + Anderson Interior Design, San Francisco; 650/248-0709; evarsanderson.com.

ITTY-BITTY GETAWAY, pages 66-71 Interior designer: Arlene Lord, Lord Design, Portland, Oregon; 503/974-9689; lordinteriordesign.com. Playhouse remodel construction: BC Custom Construction, Oregon City, Oregon; 503/722-8700; bccustomconstruction.net.

MAKING CONNECTIONS, pages 92-99
Architect: Rehkamp Larson Architects, Inc., Minneapolis; 612/285-7275; rehkamplarson. com. Interior designer: Alecia Stevens, Alecia Stevens Interiors, Minneapolis; 612/889-7188; aleciastevens.com.
Contractor: Reuter Walton Construction, Minneapolis; 612/823-3489; reuterwalton. com. Landscape architect: Ron Beining Associates, Minneapolis; 612/418-0772; rbalandscape.com.

MASTER STROKES, pages 104–109 Kim Visokey: self-taught gardener and creator of the *gardenfreak.com* blog.

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

PERFECT LAWN SWEEPSTAKES

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Growth Hormone:

Why We Can't Stop Talking About This "Anti-Aging" Breakthrough!



It seems the press can't stop talking about human growth

hormone (hGH). A recent *Shape* magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. And a revolutionary oral growth hormone booster called SeroVital®-hgh has been making headlines. After the famed Dr. Oz himself introduced the research behind SeroVital to his audience and said, "I've been searching for this

since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call hGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

how SeroVital works

First off, let's be clear: SeroVital-hgh DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but seven United States Patents to protect it from imitators.*

the cost factor

At \$99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as \$1500 a month, \$99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-631-7831 or SeroVital.com. Use promo code HGH301 for free shipping.†





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